



# Adolescent Psychotherapy Homework Planner

*Arthur E. Jongsma Jr. , L. Mark Peterson , William P McInnis*

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**Adolescent Psychotherapy Homework Planner** Arthur E. Jongsma Jr. , L. Mark Peterson , William P McInnis

Contains 146 ready-to-copy homework assignments that can be used to facilitate brief adolescent therapy Homework assignments and exercises are keyed to the behaviorally based presenting problems from *The Adolescent Psychotherapy Treatment Planner, Fifth Edition*

Assignments are available online for quick customization

**Features new and updated assignments and exercises to meet the changing needs of mental health professionals**

The *Adolescent Psychotherapy Homework Planner, Fifth Edition* provides you with an array of ready-to-use, between-session assignments to fit virtually every therapeutic mode. This easy-to-use sourcebook features:

146 ready-to-copy exercises covering the most common issues encountered by adolescent clients including such problems as blended families, substance use, and eating disorders

A quick-reference format--the interactive assignments are grouped by behavioral problems including academic underachievement, anger control problems, depression, social anxiety, and sexual abuse

Expert guidance on how and when to make the most efficient use of the exercises

Assignments cross-referenced to *The Adolescent Psychotherapy Treatment Planner, Fifth Edition*--so you can quickly identify the right exercises for a given situation or problem

All exercises are available online for you to download and customize to suit you and your clients' unique styles and needs

For more information on our PracticePlanners(R) products, including our full line of *Treatment Planners*, visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

## Adolescent Psychotherapy Homework Planner Details

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**Kerry says**

Working with young people always means looking for new and creative ways to engage them in therapy, especially adolescents. This book is an absolute tool for any professional working with this age group.

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