



Adolescent Psychotherapy Homework Planner (PracticePlanners)

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

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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 designed 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
- A CD-ROM contains all the exercises in a word-processing format—allowing you to customize them to suit your and your clients' unique styles and needs

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