

Self Help Planner

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Addiction Treatment Homework Planner James R. Finley, Brenda S. Lenz, 2014-03-13 Help clients develop the skills they need to work through addiction problems The Addiction Treatment Homework Planner provides an array of ready to use between session assignments designed to fit virtually every treatment setting and therapeutic mode including individual therapy family therapy and group counseling This easy to use sourcebook features 100 ready to copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions such as anxiety impulsivity occupational problems and childhood problems A quick reference format the interactive assignments are grouped by behavioral problems including alcoholism nicotine dependence and substance abuse as well as those problems that do not involve psychoactive substances such as problem gambling eating disorders and sexual addictions Offers special attention to the patient placement Criteria PPC developed by the American Society of Addiction Medicine ASAM A checklist included in the Appendix helps evaluate clients on each of the ASAM six assessment dimensions Expert guidance on how and when to make the most efficient use of the exercises A download code that contains all the exercises allows you to customize the exercises to suit you and your clients unique styles and needs [The Task Planner](#) William J. Reid, 2000-07-12 A

comprehensive A to Z set of task planners for more than one hundred psychosocial problems from alcoholism and anxiety to domestic violence and sexual abuse Each entry includes a menu of actions the client can undertake to affect resolution a guide to the practitioner s role in facilitating these actions and a reference list An accompanying disk allows social workers to update the task planners they are working with and enables keyword searches for specific topics **The Child**

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