

SELF CARE PRINTABLE PLANNER

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WEEKLY SELF-CARE

MONDAY

STRESS MANAGEMENT - FOCUS

TUESDAY

EMOTIONAL WELL-BEING

WEDNESDAY - SELF-CARE - GOALS, THOUGHTS, FEELINGS

HABITS TO ESTABLISH

HABITS TO STOP

THURSDAY - THOUGHTS, ACTIONS, FEELINGS, THOUGHTS, FEELINGS

jeffhanning@berkeley.com

DAILY GOALS

GOALS

	GOALS
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

DATE _____

GOALS ACHIEVED _____

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The screenshot shows a web browser window with the address bar displaying 'http://127.0.0.1:5501/'. The page title is 'MY HABIT TRACKER'. The navigation bar includes links for HOME, ABOUT, CONTACT, and a dropdown menu for 'HABITS'. The main content area features a table with columns for 'HABIT', 'WATER', 'FOOD', 'SLEEP', 'STRESS', 'MIND', 'BODY', and 'SPIRIT'. The table has 10 rows for tracking progress.

WEEKLY SELF-CARE

MONTH _____ YEAR _____

THE GOALS FOR

SERVICES & NOTATION

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS TO START

HABITS TO STOP

RESOLUTION

MY WORD IS:

PLACES TO GO:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

THINGS TO DO (BETTER)

Self Help Planner

Michael Brown



Self Help Planner:

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

Addiction Treatment Homework Planner Brenda S. Lenz, Arthur E. Jongsma, Jr., James R. Finley, 2023-09-08 A hands on homework toolkit for mental health practitioners treating clients with substance use disorders In the newly revised sixth edition of the Addiction Treatment Homework Planner a team of distinguished clinicians delivers a practical and effective resource for clients who wish to keep their therapy and recovery efforts front of mind and incorporate them into their daily lives The activities and homework contained within will assist clients and the clinicians treating them to collect real time data enabling practitioners to address relevant issues quickly and collaboratively This Homework Planner is designed as a companion manual to the sixth editions of the Addiction Treatment Planner and Addiction Progress Notes Planner It focuses on client centered assessment driven evidence based treatment in the field of substance use disorder psychotherapy Each included exercise is designed to Emphasize the importance of client motivation and increase the knowledge awareness and insight of people moving through the addiction recovery process Incorporate a skills component for further instruction in therapy or at home Be completed or processed within individual sessions or where appropriate within group therapy sessions and at various levels of care An indispensable hands on resource for counselors therapists psychiatrists psychologists and other mental health professionals engaged in the treatment of patients with substance use disorders the Addiction Treatment Homework Planner is a time

saving tool with the potential to improve patient outcomes and increase client engagement

The Child Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, Timothy J. Bruce, 2023-03-01 Create effective treatment plans for children quickly and efficiently The newly revised sixth edition of the Child Psychotherapy Treatment Planner is a timesaving easy to use reference for practitioners seeking to clarify simplify and accelerate the treatment planning process so you can spend less time on paperwork and more time with your clients Each chapter begins with a new evidence based Short Term Objective and two new Therapeutic Interventions emphasizing evidence based and empirically supported interventions likely to be effective and meaningful in therapy The latest edition also contains new and revised evidence based Objectives and Interventions more professional resources and best practice citations for the non EBT chapter content and more suggested homework assignments The book also offers Two entirely new chapters Bullying Victim and Disruptive Mood Dysregulation Disorder An updated self help book list in the Bibliotherapy Appendix A Integrated DSM 5 ICD 10 diagnostic labels and codes in the Diagnostic Suggestions section of each chapter Updated and expanded references to research supporting the evidence based content contained within An essential resource promoting the efficient use of practitioner time the Child Psychotherapy Treatment Planner belongs in the libraries of clinicians responsible for the development of treatment plans for children

The Child Psychotherapy Progress Notes Planner David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2014-06-16 Save hours of time consuming paperwork The Child Psychotherapy Progress Notes Planner Fifth Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in the Child Psychotherapy Treatment Planner Fifth Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 35 main presenting problems from academic underachievement and obesity to ADHD anger control problems and autism spectrum disorders Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM 5 diagnostic categories in The Child Psychotherapy Treatment Planner Fifth Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF TJC and NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA

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dependence grief financial stress and low self esteem Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Complete Adult Psychotherapy Treatment Planner Third Edition so you can quickly identify the right exercise for a given situation or behavioral problem A CD ROM that contains all the exercises in a word processing format allowing you to customize them to suit you and your clients unique styles and needs

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objectives and educational interventions Easy to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA **Practicing Planner** ,1978 **The Adult Psychotherapy Progress Notes Planner** Arthur E. Jongsma, Jr.,2001-03-09 The Adult Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Complete Adult Psychotherapy Treatment Planner Second Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 39 main presenting problems that range from chemical dependence and low self esteem to anxiety impulse control grief loss and others Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV diagnostic categories in The Complete Adult Psychotherapy Treatment Planner Second Edition Offers sample progress notes that conform to the requirements of most third party payers and accrediting agencies including the JCAHO and the NCQA

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