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MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS TO START

HABITS TO STOP

THINGS THAT MADE ME HAPPY THIS WEEK

DAILY GOALS

DATE _____

GOALS

GOAL ACHIEVED

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

MY HABIT TRACKER

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN

WEEKLY SELF-CARE

MONTH _____   YEAR _____

I'M GRATEFUL FOR

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MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS TO START

HABITS TO STOP

RESOL

MY WORD IS

PLACES TO VISIT

THINGS TO DO BETTER

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<u>Planner</u> 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   *The Planner* ,1992   **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   **Adult Psychotherapy Homework Planner** Arthur E. Jongsma, Jr.,2003-12-29 Help adult clients develop the skills they need to work through problems The Adult Psychotherapy Homework Planner 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 61 ready to copy exercises covering the most common issues encountered by adults in therapy A quick reference format the interactive assignments are grouped by behavioral

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presenting problem in the best selling book The Adolescent Psychotherapy Treatment Planner Second Edition bl6 **The Tennessee Planner** ,1943 **The Self-Care Planner** Meera Lester,2019-12-03 Incorporating self care into your busy schedule has never been easier with this helpful organized planner including prompts reminders and checklists so you can make your well being a top priority Set your self care intentions and make time to achieve them The Self Care Planner helps you choose your wellness goals offering weekly reminders inspiration and tracking so you can create a self care routine and stick to it Focusing on all aspects of your mind body and spirit this planner offers reminders to unplug and take mental breaks as well as helps you set and track your physical intentions and provides journaling prompts to connect with your spiritual side Whether you crave more time for yourself or are simply searching for better physical health peace of mind or more play time this planner can help make that happen

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