



The Complete Adult Psychotherapy Treatment Planner: Includes DSM-5 Updates

By Arthur E. Jongsma Jr., L. Mark Peterson, Timothy J. Bruce

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A time-saving resource, fully revised to meet the changing needs of mental health professionals

The Complete Adult Psychotherapy Treatment Planner, Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies.

- New edition features empirically supported, evidence-based treatment interventions including anger control problems, low self-esteem, phobias, and social anxiety
- Organized around 43 behaviorally based presenting problems, including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more
- Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options
- Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-5 diagnosis
- Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

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Editorial Review

From the Author

As the Senior Author and Series Editor, I am pleased to announce that the new editions of our Treatment Planners have been released. We have been working on them as a team of authors for over two years. I am indebted to my coauthors who have deep expertise in the clinical field addressed in each Treatment Planner. Dr. Tim Bruce, especially, has brought his wide knowledge base in Evidence-based Practice to bear on several of our Planners. Each Planner has, of course, been updated with the new DSM-5/ICD-10 codes, but beyond that there are several other improvements in the latest books. I believe you will find this expanded and revised edition is a significant step forward in being a resource for finding a menu of succinctly written statements describing Interventions to help you help your client recover. Allow me to list the new material you will find in our latest attempt to help you write clinically sound and complete treatment plans:

- 1) The latest research-supported, evidence-based Interventions
- 2) Updated and expanded bibliotherapy references as well as research related references for each chapter topic
- 3) A new Appendix which provides written Objectives and Interventions that capture the essential theme of the ten Core Principles of the SAMSHA-endorsed Recovery Model
- 4) A new Suggested Diagnosis section in each chapter that provides a helpful transition from DSM-IV/ICD-9 to the newly listed DSM-5/ICD-10 diagnostic codes and labels
- 5) A more complete integration of suggested Homework Exercises in each chapter to support Interventions
- 6) A set of Objectives and Interventions added to each chapter to assist in assessing specifiers relevant to DSM-5 diagnosis

Arthur E. Jongsma, Jr. PhD

From the Back Cover

- Treatment plan components for 43 behaviorally based presenting problems
- Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options
- A step-by-step guide to writing treatment plans that meet the requirements of most accrediting bodies, insurance companies, and third-party payors
- Includes new **Evidence-Based Practice Interventions** as required by many public funding sources and private insurers

PracticePlanners The Bestselling treatment planning system for mental health professionals

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About the Author

Arthur E. Jongsma, Jr., PhD, is the Series Editor for the bestselling *PracticePlanners*®. Since 1971, he has provided professional mental health services to both inpatient and outpatient clients. He was the founder and Director of Psychological Consultants, a group private practice in Grand Rapids, Michigan, for 25 years. He is the author or co-author of over fifty books and conducts training workshops for mental health professionals around the world.

L. Mark Peterson, ACSW, is Program Manager for Bethany Christian Services' Residential Treatment and Family Counseling programs in Grand Rapids, Michigan.

Timothy J. Bruce, PhD, is Professor and Associate Chair of the Department of Psychiatry and Behavioral Medicine at the University of Illinois College of Medicine. He maintains a diverse clinical practice and is active in classroom and clinical teaching as well as educational program administration.

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