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Nota di contenuto	Cover; Title Page; Copyright; Contents; PracticePlanners® Series Preface; Acknowledgments; Introduction; Section 1: Academic Underachievement; Exercise 1.A Attitudes About Homework; Family Scene I; Family Scene II; Family Scene III; Client Questionnaire; Parent Questionnaire; Exercise 1.B Break It Down Into Small Steps; Exercise 1.C Good Grade/Bad Grade Incident Reports; Good Grade Incident Report; Bad Grade Incident Report; Section 2: Adoption; Exercise 2.A Beginning a Search for Birth Parents; Exercise 2.B Considering a Search for Birth Parents Exercise 2.C My Child's Search for Birth ParentsExercise 2.D Questions and Concerns Around Being Adopted; Exercise 2.E Some Things I'd Like You to Know ...; Section 3: Anger Control Problems; Exercise 3.A Anger Checklist; Client Form; Parent Form; Exercise 3.B Anger Control; Positive Incident Report; Negative Incident Report; Exercise 3.C Stop Yelling; Section 4: Anxiety; Exercise 4.A Finding and Losing Your Anxiety; Exercise 4.B Progressive Muscle Relaxation; Exercise 4.C Tools for Anxiety; Exercise 4.D What Makes Me Anxious; Exercise 4.E Worry Time Section 5: Attention-Deficit/Hyperactivity Disorder (ADHD)Exercise 5.A

Channel Your Energy in a Positive Direction; Positive Ways to Channel Energy; Negative Ways to Channel Energy; Exercise 5.B Evaluating Medication Effects; Exercise 5.C Getting It Done; Exercise 5.D Problem-Solving Exercise; Exercise 5.E Social Skills Exercise; Section 6: Autism Spectrum Disorder; Exercise 6.A Managing the Meltdowns; Exercise 6.B Moving Toward Independence; Exercise 6.C Progress: Past, Present, and Future; Exercise 6.D Progress Survey; Section 7: Bipolar Disorder Exercise 7.A Action Minus Thought Equals Painful Consequences Which one is Impulsive?; Impulsive Behavior Leads to bad Consequences; My Impulsive Behaviors; My Bad Consequences; Good Behavior Choices; Exercise 7.B Clear Rules, Positive Reinforcement, Appropriate Consequences; Example A; Example B; Three Most Important Rules; Five Positive Reinforcements; Exercise 7.C Medication Resistance; Exercise 7.D Mood Disorders Symptom List; Manic Symptom List; Depression Symptom List; Client Questions; Parent/Caregiver Questions; Section 8: Blended Family; Exercise 8.A A Few Things About Me Exercise 8.B Assessing the Family-Present and Future Exercise 8.C Interaction as a Family; Exercise 8.D Stepparent and Sibling Questionnaire; Section 9: Conduct Disorder/Delinquency; Exercise 9.A Catch Your Teen Being Responsible; Exercise 9.B Headed in the Right Direction; Exercise 9.C How My Behavior Hurts Others; Exercise 9.D Letter to Absent or Uninvolved Parent; Exercise 9.E Patterns of Stealing; Section 10: Divorce Reaction; Exercise 10.A Impact of Parents' Separation/Divorce; Exercise 10.B Initial Reaction to Parents' Separation Exercise 10.C My Thoughts, Feelings, and Beliefs About Divorce

Sommario/riassunto

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, subs
