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| Autore | Jongsma Arthur E., Jr., <1943-> |
| Titolo | Adult psychotherapy homework planner // Arthur E. Jongsma, Jr |
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| Nota di contenuto | Cover; PracticePlanners® Series; Title Page; Copyright; Dedication; PRACTICEPLANNERS® SERIES PREFACE; ACKNOWLEDGMENTS; INTRODUCTION; WHY HOMEWORK?; HOW TO USE THIS HOMEWORK PLANNER; ABOUT THE ASSIGNMENTS; CARRYING OUT THE ASSIGNMENT; SECTION 1: ANGER CONTROL PROBLEMS; ALTERNATIVES TO DESTRUCTIVE ANGER; EXERCISE 1.A: ALTERNATIVES TO DESTRUCTIVE ANGER; ANGER JOURNAL; EXERCISE 1.B: ANGER JOURNAL; ASSERTIVE COMMUNICATION OF ANGER; EXERCISE 1.C: ASSERTIVE COMMUNICATION OF ANGER; ASSERTIVE COMMUNICATION LOG; SECTION 2: ANTISOCIAL BEHAVIOR; HOW I HAVE HURT OTHERS EXERCISE 2.A: HOW I HAVE HURT OTHERSLETTER OF APOLOGY; EXERCISE 2.B: LETTER OF APOLOGY; THREE ACTS OF KINDNESS; EXERCISE 2.C: THREE ACTS OF KINDNESS; SECTION 3: ANXIETY; ANALYZE THE PROBABILITY OF A FEARED EVENT; EXERCISE 3.A: ANALYZE THE PROBABILITY OF A FEARED EVENT; PAST SUCCESSFUL ANXIETY COPING; EXERCISE 3.B: PAST SUCCESSFUL ANXIETY COPING; WORRY TIME; EXERCISE 3.C: WORRY TIME; DAILY "WORRY TIME" LOG; SECTION 4: ATTENTION DEFICIT DISORDER (ADD) - ADULT; PROBLEM SOLVING: AN ALTERNATIVE TO IMPULSIVE ACTION; EXERCISE 4.A: PROBLEM SOLVING: AN ALTERNATIVE TO IMPULSIVE ACTION |

SELF-MONITORING/SELF-REWARD PROGRAM EXERCISE 4.B: SELF-MONITORING/SELF-REWARD PROGRAM; SELF-MONITORING/SELF-REWARD FORM; SYMPTOMS AND FIXES FOR ADD; EXERCISE 4.C: SYMPTOMS AND FIXES FOR ADD; SECTION 5: BIPOLAR-DEPRESSION; EARLY WARNING SIGNS OF DEPRESSION; EXERCISE 5.A: EARLY WARNING SIGNS OF DEPRESSION; IDENTIFYING AND HANDLING TRIGGERS; EXERCISE 5.B: IDENTIFYING AND HANDLING TRIGGERS; SECTION 6: BIPOLAR-MANIA; KEEPING A DAILY RHYTHM; EXERCISE 6.A: KEEPING A DAILY RHYTHM; DAILY ACTIVITIES FORM; SELF-MONITORING OF MOODS; RECOGNIZING THE NEGATIVE CONSEQUENCES OF IMPULSIVE BEHAVIOR EXERCISE 6.B: RECOGNIZING THE NEGATIVE CONSEQUENCES OF IMPULSIVE BEHAVIOR WHAT ARE MY GOOD QUALITIES?; EXERCISE 6.C: WHAT ARE MY GOOD QUALITIES?; WHY I DISLIKE TAKING MY MEDICATION; EXERCISE 6.D: WHY I DISLIKE TAKING MY MEDICATION; SECTION 7: BORDERLINE PERSONALITY; JOURNAL AND REPLACE SELF-DEFEATING THOUGHTS; EXERCISE 7.A: JOURNAL AND REPLACE SELF-DEFEATING THOUGHTS; PLAN BEFORE ACTING; EXERCISE 7.B: PLAN BEFORE ACTING; SECTION 8: CHILDHOOD TRAUMA; CHANGING FROM VICTIM TO SURVIVOR; EXERCISE 8.A: CHANGING FROM VICTIM TO SURVIVOR; DEEP BREATHING EXERCISE; EXERCISE 8.B: DEEP BREATHING EXERCISE FEELINGS AND FORGIVENESS LETTER EXERCISE 8.C: FEELINGS AND FORGIVENESS LETTER; SECTION 9: CHRONIC PAIN; PAIN AND STRESS JOURNAL; EXERCISE 9.A: PAIN AND STRESS JOURNAL; SECTION 10: COGNITIVE DEFICITS; MEMORY AID-PERSONAL INFORMATION ORGANIZER; EXERCISE 10.A: MEMORY AID-PERSONAL INFORMATION ORGANIZER; MEMORY ENHANCEMENT TECHNIQUES; EXERCISE 10.B: MEMORY ENHANCEMENT TECHNIQUES; SECTION 11: DEPENDENCY; MAKING YOUR OWN DECISIONS; EXERCISE 11.A: MAKING YOUR OWN DECISIONS; SATISFYING UNMET EMOTIONAL NEEDS; EXERCISE 11.B: SATISFYING UNMET EMOTIONAL NEEDS; TAKING STEPS TOWARD INDEPENDENCE EXERCISE 11.C: TAKING STEPS TOWARD INDEPENDENCE

Sommario/riassunto

This guide contains 92 ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. Featuring new and updated assignments and exercises that coordinate with evidence-based treatment, the assignments found in this reference are grouped by behavioral problems including depression, low self esteem, anxiety, dependency, eating disorder, and phase of life problems. An accompanying CD-ROM allows clinicians to customize the assignments to fit a particular client need or treatment situation. The companion CD-ROM is not included as part of the e-book file, but is available

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