



## Brief Adolescent Therapy Homework Planner (PracticePlanners)

By Jongsma Jr., Arthur E.; Peterson, L. Mark; McInnis, William P.

Wiley, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: ANXIETY. Finding and Losing Your Anxiety. ATTENTION-DEFICIT/HYPERACTIVITY DISORDER. Getting It Done. Social Skills Exercise. Stop, Think, and Act. CHEMICAL DEPENDENCE. Keeping Straight. Taking Your First Step. Welcome to Recovery. CONDUCT DISORDER/DELINQUENCY. Anger Control. Headed in the Right Direction. DEPRESSION. Bad Thoughts Lead to Depressed Feelings. Surface Behavior/Inner Feelings. Three Ways to Change the World. Unmet Emotional Needs-Identification and Satisfaction. EATING DISORDER. Fears Beneath the Eating Disorder. Reality: Food Intake, Weight, Thoughts, and Feelings. GENDER IDENTITY DISORDER. I Want To Be Like. One on One. GRIEF/LOSS UNRESOLVED. Create a Memory Album. Grief Letter. LEARNING DISORDER/UNDERACHIEVEMENT. Breaking It Down Into Small Steps. LOW SELF-ESTEEM. Three Ways To Change Yourself. Three Wishes Game. MANIA/HYPOMANIA. Action Minus Thought Equals Painful Consequences. Clear Rules, Positive Reinforcement, Appropriate Consequences. I Am a Good Person. MENTAL RETARDATION. Activities of Daily Living Program. You Belong Here. OPPOSITIONAL DEFIANT. Filing a Complaint. If I Could Run My Family. Switching From Defense to Offense. PEER/SIBLING CONFLICT. Cloning the Perfect Sibling. Joseph, "His Amazing Technicolored Coat," and More. Negotiating a Peace Treaty. PHOBIA-PANIC/AGORAPHOBIA. Gradually Facing a Phobic Fear. Panic Attack Rating Form. PHYSICAL ABUSE VICTIM....

### Reviews

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