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# The Adolescent Psychotherapy Treatment Planner: Includes DSM-5 Updates



## Synopsis

The bestselling treatment planning system for mental health professionals The Adolescent 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 conduct disorder, substance use, low self-esteem, suicidal ideation, ADHD, and eating disorders Organized around 36 behaviorally based presenting problems, including peer/sibling conflict, school violence, sexual abuse, and others 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 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

## Book Information

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## Customer Reviews

I bought this book to help me work with adolescents during my counseling internship. While it is very easy to follow, and the treatment plans are laid out in step-by-step precision, I was disappointed to learn that most of the extensive exercises recommended by the book require that you purchase other books. This book itself wasn't inexpensive and I wished the publishers had included reproducible copies of the exercises rather than referring you to another book. The book also includes books and games in the treatment plans which must be purchased. So while the treatment

plans seem worthwhile, I couldn't put many of them fully into practice without considering more purchases.

I had great hopes for this book. After I glanced at it, I purchased it immediately. It certainly does reorient you to the distinctions between goals, objectives and diagnoses, but after using it for a while, it just wasn't sufficient for those more complicated kids. I'll keep referring to it, not so much for information but to place me back on course when I'm stuck and blocked- (happens more than I'd like, when the stress gets to me,) yet I still would suggest, for more seasoned professionals, a higher level of diagnostic and prescriptive content. If you are one of those good therapists who flounder when it comes to documentation; I'd say, "Go for it." But, if you're looking for a book to help with establishing a quality diagnosis and treatment plan for those true stumpers- sorry, this isn't the book.

I work in a mental health agency as an intake clinician, interviewing families and children and writing assessments to be used for case disposition and treatment planning. I see 4-6 families weekly and my work load has been eased enormously with this addition to my library. It sits right next to my DSM-IV and I use it daily. The language for long term goals and therapeutic interventions are clinically sound and there are a number of options in each to tailor for specific cases.

If you work with adolescent this is a great aid to writing treatment plans for a beginner or a skilled clinician. It makes following this state regulations a lot easier. I would definitely recommend this book to all my colleagues. This book has helped me write treatment plans quicker and easier than I ever thought possible. I love this series of books.

The book was exactly what I wanted. I work with kids ages 5-18 and needed a book that would help me write treatment plans. I will eventually order the Child Treatment Planner. On advise of friends, I ordered this one as it would be easier to adjust the goals to younger ages than to try to adjust the child planner to older kids.

I work for a community service board and with the large number of consumers coming in daily, this tool has been a God send. It guides my thought process as I am taking in information so that I can create not only a treatment plan that will satisfy insurance/medicaid companies, but be most effective for each consumer. It is worth your time and money to invest in the series of treatment

planners that are offered by the authors.

This treatment planner is helpful for a new clinician starting out. I used it in my internship. The only bad part is the goals are not measurable. So basically you can get a general idea for a goal and then you will have to reword it to make it measurable.

As a therapist, this helps to make my life so much easier. I am able to pull from the long-term and short-term goals based on the identified issues. I would highly recommend this to anyone who treats adolescents.

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