Helping therapists help their clients...

Treatment Planners cover all the necessary elements for developing formal treatment plans, including detailed problem definitions, long-term goals, short-term objectives, therapeutic interventions, and DSM™ diagnoses.

- The Complete Adult Psychotherapy Treatment Planner, Fifth Edition* .................................................. $55.00
- The Child Psychotherapy Treatment Planner, Fifth Edition* ................................................................. $55.00
- The Adolescent Psychotherapy Treatment Planner, Fifth Edition* ....................................................... $55.00
- The Addiction Treatment Planner, Fifth Edition* ....................................................................................... $55.00
- The Couples Psychotherapy Treatment Planner, Second Edition ........................................................... $55.00
- The Group Therapy Treatment Planner, Second Edition ........................................................................ $55.00
- The Family Therapy Treatment Planner, Second Edition ........................................................................ $55.00
- The Older Adult Psychotherapy Treatment Planner, Second Edition ...................................................... $55.00
- The Employee Assistance (EAP) Treatment Planner ................................................................................ $55.00
- The Gay and Lesbian Psychotherapy Treatment Planner ........................................................................ $55.00
- The Crisis Counseling and Traumatic Events Treatment Planner, Second Edition ................................. $55.00
- The Social Work and Human Services Treatment Planner .................................................................... $55.00
- The Continuum of Care Treatment Planner ............................................................................................ $55.00
- The Behavioral Medicine Treatment Planner ........................................................................................... $55.00
- The Mental Retardation and Developmental Disability Treatment Planner ........................................ $55.00
- The Special Education Treatment Planner ................................................................................................. $55.00
- The Severe and Persistent Mental Illness Treatment Planner, Second Edition ....................................... $55.00
- The Personality Disorders Treatment Planner .......................................................................................... $55.00
- The Rehabilitation Psychology Treatment Planner ...................................................................................... $55.00
- The Pastoral Counseling Treatment Planner ............................................................................................ $55.00
- The Juvenile Justice and Residential Care Treatment Planner ............................................................... $55.00
- The School Counseling and School Social Work Treatment Planner, Second Edition ...................... $55.00
- The Psychopharmacology Treatment Planner .......................................................................................... $55.00
- The Probation and Parole Treatment Planner ........................................................................................... $55.00
- The Suicide and Homicide Risk Assessment & Prevention Treatment Planner ..................................... $55.00
- The Speech-Language Pathology Treatment Planner .............................................................................. $55.00
- The College Student Counseling Treatment Planner ................................................................................ $55.00
- The Parenting Skills Treatment Planner .................................................................................................... $55.00
- The Early Childhood Education Intervention Treatment Planner ........................................................ $55.00
- The Co-Occurring Disorders Treatment Planner ....................................................................................... $55.00
- The Sexual Abuse Victim and Sexual Offender Treatment Planner ....................................................... $55.00
- The Complete Women’s Psychotherapy Treatment Planner ................................................................... $55.00
- The Veterans and Active Duty Military Psychotherapy Treatment Planner ........................................ $55.00

The Complete Treatment and Homework Planners series of books combines our bestselling Treatment Planners and Homework Planners into one easy-to-use, all-in-one resource for mental health professionals treating clients suffering from the most commonly diagnosed disorders.

- The Complete Depression Treatment and Homework Planner .............................................................. $50.00
- The Complete Anxiety Treatment and Homework Planner ..................................................................... $50.00

Over 800,000 PracticePlanners® sold
Homework Planners feature dozens of behaviorally based, ready-to-use assignments that are designed for use between sessions, as well as a CD-ROM (Microsoft Word) containing all of the assignments—allowing you to customize them to suit your unique client needs.

- Couples Therapy Homework Planner, Second Edition 978-0-471-52266-0 / $55.00
- Child Psychotherapy Homework Planner, Fifth Edition* 978-1-118-07674-3 / $55.00
- Child Therapy Activity and Homework Planner 978-0-471-25864-7 / $55.00
- Adolescent Psychotherapy Homework Planner, Fifth Edition* 978-1-118-07673-6 / $55.00
- Addiction Treatment Homework Planner, Fifth Edition* 978-1-118-56059-4 / $55.00
- Family Therapy Homework Planner, Second Edition 978-0-470-50439-0 / $55.00
- Grief Counseling Homework Planner 978-0-471-43318-7 / $55.00
- Group Therapy Homework Planner 978-0-471-41822-1 / $55.00
- School Counseling and School Social Work Homework Planner, Second Edition 978-1-118-41038-7 / $55.00
- Adolescent Psychotherapy Homework Planner II 978-0-471-27493-3 / $55.00
- Adult Psychotherapy Homework Planner, Fifth Edition* 978-1-118-07672-9 / $55.00
- Parenting Skills Homework Planner 978-0-471-48182-9 / $55.00
- Veterans and Active Duty Military Psychotherapy Homework Planner* 978-0-470-88902-2 / $55.00

*Updated to DSM-5*

Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners.

- The Adult Psychotherapy Progress Notes Planner* 978-1-118-08675-1 / $55.00
- The Adolescent Psychotherapy Progress Notes Planner* 978-1-118-08676-8 / $55.00
- The Severe and Persistent Mental Illness Progress Notes Planner 978-0-470-18074-3 / $55.00
- The Child Psychotherapy Progress Notes Planner* 978-1-118-08677-5 / $55.00
- The Addiction Progress Notes Planner* 978-1-118-54298-6 / $55.00
- The Couples Psychotherapy Progress Notes Planner 978-0-470-93691-7 / $55.00
- The Family Therapy Progress Notes Planner 978-0-470-44884-7 / $55.00
- The Veterans and Active Duty Military Psychotherapy Progress Notes Planner 978-0-470-44097-1 / $55.00

*Updated to DSM-5*

Client Education Handout Planners contain elegantly designed handouts that can be printed out from the enclosed CD-ROM and provide information on a wide range of psychological and emotional disorders and life skills issues. Use as patient literature, handouts at presentations, and aids for promoting your mental health practice.

- Adult Client Education Handout Planner 978-0-471-22032-5 / $55.00
- Child and Adolescent Client Education Handout Planner 978-0-471-22033-2 / $55.00
- Couples and Family Client Education Handout Planner 978-0-471-22034-9 / $55.00

To order by phone in the US:
Call toll free 1-877-762-2974

Online: www.practiceplanners.wiley.com

Mail this order form to:
John Wiley & Sons, Attn: J. Knott,
111 River Street, Hoboken, NJ 07030

WILEY
The Child Psychotherapy
Treatment Planner,
Fifth Edition
PracticePlanners® Series

**Treatment Planners**
The Complete Adult Psychotherapy Treatment Planner, Fifth Edition
The Child Psychotherapy Treatment Planner, Fifth Edition
The Adolescent Psychotherapy Treatment Planner, Fifth Edition
The Addiction Treatment Planner, Fifth Edition
The Continuum of Care Treatment Planner
The Couples Psychotherapy Treatment Planner, Second Edition
The Employee Assistance Treatment Planner
The Pastoral Counseling Treatment Planner
The Older Adult Psychotherapy Treatment Planner, Second Edition
The Behavioral Medicine Treatment Planner
The Group Therapy Treatment Planner
The Gay and Lesbian Psychotherapy Treatment Planner
The Family Therapy Treatment Planner, Second Edition
The Severe and Persistent Mental Illness Treatment Planner, Second Edition
The Mental Retardation and Developmental Disability Treatment Planner
The Social Work and Human Services Treatment Planner
The Crisis Counseling and Traumatic Events Treatment Planner, Second Edition
The Personality Disorders Treatment Planner
The Rehabilitation Psychology Treatment Planner
The Special Education Treatment Planner
The Juvenile Justice and Residential Care Treatment Planner
The School Counseling and School Social Work Treatment Planner, Second Edition
The Sexual Abuse Victim and Sexual Offender Treatment Planner
The Probation and Parole Treatment Planner
The Psychopharmacology Treatment Planner
The Speech-Language Pathology Treatment Planner
The Suicide and Homicide Treatment Planner
The College Student Counseling Treatment Planner
The Parenting Skills Treatment Planner
The Early Childhood Intervention Treatment Planner
The Co-Occurring Disorders Treatment Planner
The Complete Women’s Psychotherapy Treatment Planner
The Veterans and Active Duty Military Psychotherapy Treatment Planner

**Progress Notes Planners**
The Child Psychotherapy Progress Notes Planner, Fifth Edition
The Adolescent Psychotherapy Progress Notes Planner, Fifth Edition
The Adult Psychotherapy Progress Notes Planner, Fifth Edition
The Addiction Progress Notes Planner, Fifth Edition
The Severe and Persistent Mental Illness Progress Notes Planner, Second Edition
The Couples Psychotherapy Progress Notes Planner, Second Edition
The Family Therapy Progress Notes Planner, Second Edition
The Veterans and Active Duty Military Psychotherapy Progress Notes Planner

**Homework Planners**
Couples Therapy Homework Planner, Second Edition
Family Therapy Homework Planner, Second Edition
Grief Counseling Homework Planner
Group Therapy Homework Planner
Divorce Counseling Homework Planner
School Counseling and School Social Work Homework Planner, Second Edition
Child Therapy Activity and Homework Planner
Adolescent Psychotherapy Homework Planner, Fifth Edition
Adult Psychotherapy Homework Planner, Fifth Edition
Child Psychotherapy Homework Planner, Fifth Edition
Parenting Skills Homework Planner
Veterans and Active Duty Military Psychotherapy Homework Planner

**Client Education Handout Planners**
Adult Client Education Handout Planner
Child and Adolescent Client Education Handout Planner
Couples and Family Client Education Handout Planner

**Complete Planners**
The Complete Depression Treatment and Homework Planner
The Complete Anxiety Treatment and Homework Planner
To my daughters and sons-in law, Kendra and Erwin van Elst and Michelle and David DeGraaf, who give themselves creatively and sacrificially to the task of parenting my grandchildren: Tyler, Kaleigh, Justin, and Carter.

—A.E.J.

To Zach and Jim, who have expanded and enriched my life.

—L.M.P.

To my three children, Breanne, Kelsey, and Andrew, for the love and joy they bring into my life.

—W.P.M.

To Lori, Logan, and Madeline, for everything.

—T.J.B.
CONTENTS

PracticePlanners® Series Preface xi
Acknowledgments xiii
Introduction 1
Sample Treatment Plan 10

Academic Underachievement 14
Adoption 26
Anger Control Problems 38
Anxiety 52
Attachment Disorder 66
Attention-Deficit/Hyperactivity Disorder (ADHD) 78
Autism Spectrum Disorder 91
Blended Family 104
Bullying/Intimidation Perpetrator 116
Conduct Disorder/Delinquency 126
Depression 142
Disruptive/Attention-Seeking 155
Divorce Reaction 167
Enuresis/Encopresis 179
Fire Setting 192
Gender Identity Disorder 201
Grief/Loss Unresolved 208
Intellectual Development Disorder 219
Low Self-Esteem 230
Lying/Manipulative 242
Medical Condition 255
Obsessive-Compulsive Disorder (OCD) 267
Oppositional Defiant 279
Overweight/Obesity 294
Parenting 307
Peer/Sibling Conflict 320
Physical/Emotional Abuse Victim 330
Posttraumatic Stress Disorder (PTSD) 340
School Refusal 354
Contents

Separation Anxiety  367
Sexual Abuse Victim  380
Sleep Disturbance  391
Social Anxiety  402
Specific Phobia  414
Speech/Language Disorders  425

Appendix A Bibliotherapy Suggestions  436
Appendix B Professional References for Evidence-Based Chapters  460
Appendix C Other Professional References for Selected Chapters  490
Appendix D Index of Therapeutic Games, Workbooks, Toolkits, DVDs, Videotapes, and Audiotapes  494
Appendix E Recovery Model Objectives and Interventions  496
Appendix F Alphabetical Index of Sources for Assessment Instruments and Clinical Interview Forms Cited in Interventions  503
PRACTICEPLANNERS® SERIES PREFACE

Accountability is an important dimension of the practice of psychotherapy. Treatment programs, public agencies, clinics, and practitioners must justify and document their treatment plans to outside review entities in order to be reimbursed for services. The books in the PracticePlanners® series are designed to help practitioners fulfill these documentation requirements efficiently and professionally.

The PracticePlanners® series includes a wide array of treatment planning books including not only the original Complete Adult Psychotherapy Treatment Planner, Child Psychotherapy Treatment Planner, and Adolescent Psychotherapy Treatment Planner, all now in their fifth editions, but also Treatment Planners targeted to specialty areas of practice, including:

- Addictions
- Co-occurring disorders
- Behavioral medicine
- College students
- Couples therapy
- Crisis counseling
- Early childhood education
- Employee assistance
- Family therapy
- Gays and lesbians
- Group therapy
- Juvenile justice and residential care
- Mental retardation and developmental disability
- Neuropsychology
- Older adults
- Parenting skills
- Pastoral counseling
- Personality disorders
- Probation and parole
- Psychopharmacology
- Rehabilitation psychology
- School counseling and school social work
- Severe and persistent mental illness
- Sexual abuse victims and offenders
• Social work and human services
• Special education
• Speech-Language pathology
• Suicide and homicide risk assessment
• Veterans and active military duty
• Women’s issues

In addition, there are three branches of companion books that can be used in conjunction with the Treatment Planners, or on their own:

• Progress Notes Planners provide a menu of progress statements that elaborate on the client’s symptom presentation and the provider’s therapeutic intervention. Each Progress Notes Planner statement is directly integrated with the behavioral definitions and therapeutic interventions from its companion Treatment Planner.

• Homework Planners include homework assignments designed around each presenting problem (such as anxiety, depression, substance use, anger control problems, eating disorders, or panic disorders) that is the focus of a chapter in its corresponding Treatment Planner.

• Client Education Handout Planners provide brochures and handouts to help educate and inform clients on presenting problems and mental health issues, as well as life skills techniques. The handouts are included on CD-ROMs for easy printing from your computer and are ideal for use in waiting rooms, at presentations, as newsletters, or as information for clients struggling with mental illness issues. The topics covered by these handouts correspond to the presenting problems in the Treatment Planners.

The series also includes adjunctive books, such as The Psychotherapy Documentation Primer and The Clinical Documentation Sourcebook, which contain forms and resources to aid the clinician in mental health practice management.

The goal of our series is to provide practitioners with the resources they need in order to provide high-quality care in the era of accountability. To put it simply: We seek to help you spend more time on patients, and less time on paperwork.

ARTHUR E. JONGSMA, JR.
Grand Rapids, Michigan
ACKNOWLEDGMENTS

Since 2005, we have turned to research evidence to inform the treatment Objectives and Interventions in our latest editions of the *Psychotherapy Treatment Planner* books. While much of the content of our *Planners* was “best practice” and also from the mainstream of sound psychological procedure, we have benefited significantly from a thorough review that looked through the lens of evidence-based practice. The later editions of the *Planners* now stand as content not just based on “best practice” but based on reliable research results. Although several of my coauthors have contributed to this recertification of our content, Timothy J. Bruce has been the main guiding force behind this effort. I am very proud of the highly professional content provided by so many coauthors who are leaders in their respective subspecialties in the field of psychology such as addiction, family therapy, couples therapy, personality disorder treatment, group treatment, women’s issues, military personnel treatment, older adult treatment, and many others. Added to this expertise over the past seven years has been the contribution of Dr. Tim Bruce who has used his depth of knowledge regarding evidence-supported treatment to shape and inform the content of the last two editions, *Adult, Adolescent, Child,* and *Addiction Psychotherapy Treatment Planners.* I welcome Tim aboard as an author for these books and consider it an honor to have him as a friend, colleague, and coauthor.

I must also add my acknowledgment of the supportive professionalism of the Wiley staff, especially that of my editor, Marquita Flemming. Wiley has been a trusted partner in this series for almost 20 years now and I am fortunate to be published by such a highly respected company. Thank you to all my friends at Wiley!

And then there is our manuscript manager, Sue Rhoda, who knows just what to do to make a document presentable, right up to the standards required by a publisher. Thank you, Sue.

Finally, I tip my hat to my coauthors, Mark Peterson and Bill McInnis, who launched this *Child Psychotherapy Treatment Planner* with their original