



The Complete Anxiety Treatment and Homework Planner

From Wiley



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Utilizing the methodology of the bestselling PracticePlanners series, *The Complete Anxiety Treatment and Homework Planner* provides an all-in-one resource for treating anxiety and anxiety-related disorders-saving time and paperwork while allowing you the freedom to develop established and proven treatment plans for adults, children, adolescents, and other subgroups and populations.

- Includes a wide range of behavioral definition statements describing client symptoms as well as 25 customizable homework and activity assignments to be used during treatment
- Provides long-term goals, short-term objectives, and recommended interventions, as well as DSM-IV-TRTM diagnostic suggestions associated with each presenting problem
- Ready-to-copy exercises cover the most common issues encountered by a wide range of client groups struggling with anxiety and anxiety-related disorders
- A quick-reference format-the interactive assignments are grouped by patient type, such as employee, school-based child, adolescent, addicted adult, acute inpatient, and more
- Expert guidance on how and when to make the most efficient use of the exercises
- Includes access to ancillary Web site with downloadable resources, including sample treatment plans and customizable homework exercises

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Editorial Review

From the Back Cover

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About the Author

ARTHUR E. JONGSMA, Jr., PhD, is Series Editor for the bestselling PracticePlanners®. He is also the founder and Director of Psychological Consultants, a group private practice in Grand Rapids, Michigan.

Users Review

From reader reviews:

Harriet Blum:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled The Complete Anxiety Treatment and Homework Planner can be great book to read. May be it is usually best activity to you.

Irene Forrest:

Do you have something that you prefer such as book? The guide lovers usually prefer to decide on book like comic, limited story and the biggest the first is novel. Now, why not seeking The Complete Anxiety Treatment and Homework Planner that give your enjoyment preference will be satisfied by simply reading this book. Reading addiction all over the world can be said as the opportunity for people to know world

considerably better than how they react towards the world. It can't be stated constantly that reading addiction is only for the geeky particular person but for all of you who want to possibly be a success person. So, for all of you who want to start looking at it as your good habit, you are able to pick *The Complete Anxiety Treatment and Homework Planner* as your starter.

Helen Tate:

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Ruth Haddock:

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