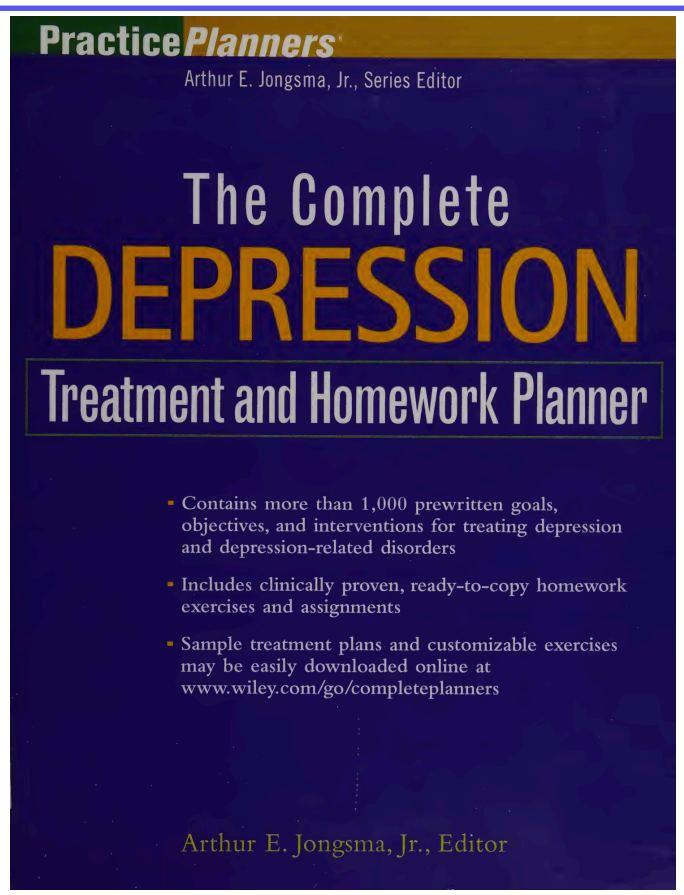
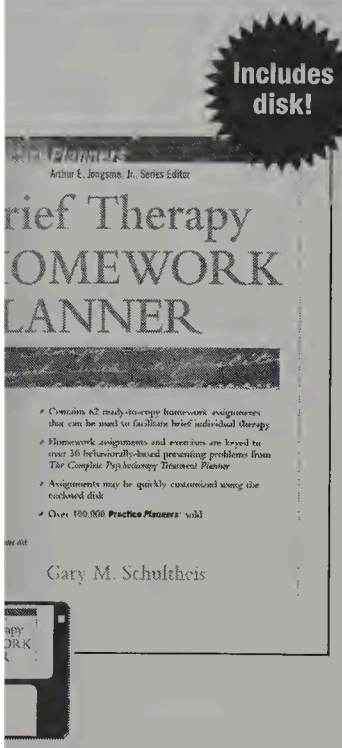


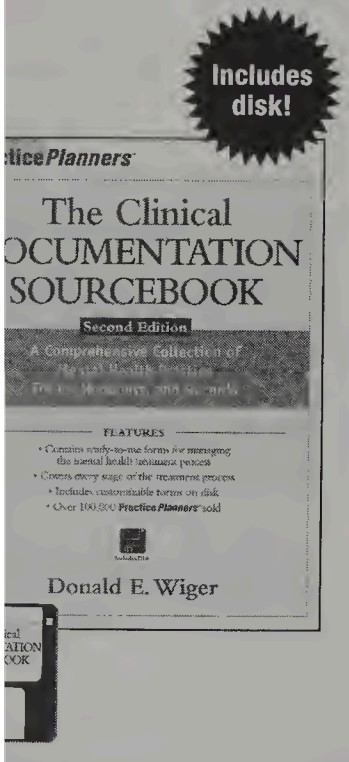
ebookbig.com

or scan the QR code to access the digital study portal.



Homework Planners feature dozens of behaviorally based, ready-to-use assignments tha designed for use between sessions, as well as a disk (Microsoft Word) containing all of assignments—allowing you to customize them to suit your unique client needs.

- ❑ **Brief Therapy Homework Planner**
  0-471-24611-5 / $49.95
- ❑ **Brief Couples Therapy Homework Planner**
  0-471-29511-6 / $49.95
- ❑ **Brief Child Therapy Homework Planner**
  0-471-32366-7 / $49.95
- ❑ **Brief Adolescent Therapy Homework Planner**
  0-471-34465-6 / $49.95
- ❑ **Addiction Treatment Homework Planner, 2e**
  0-471-27459-3 / $49.95
- ❑ **Brief Employee Assistance Homework Planner**
  0-471-38088-1 / $49.95
- ❑ **Adult Psychotherapy Homework Planner**
  0-471-27395-3 / $49.95
- ❑ **Brief Family Therapy Homework Planner**
  0-471-385123-1 / $49.95
- ❑ **Grief Counseling Homework Planner**
  0-471-43318-7 / $49.95
- ❑ **Divorce Counseling Homework Planner**
  0-471-43319-5 / $49.95
- ❑ **Group Therapy Homework Planner**
  0-471-41822-6 / $49.95
- ❑ **School Counseling and School Social Worl Homework Planner**
  0-471-09114-6 / $49.95
- ❑ **Child Therapy Activity and Homework Plar**
  0-471-25684-6 / $49.95
- ❑ **Adolescent Psychotherapy Homework Plar**
  0-471-27493-3 / $49.95



Documentation Sourcebooks provide a comprehensive collection of ready-to-use blank f handouts, and questionnaires to help you manage your client reports and streamline the re keeping and treatment process. Features clear, concise explanations of the purpose of each f including when it should be used and at what point. Includes customizable forms on disk.

- ❑ **The Clinical Documentation Sourcebook,** Second Edition
  0-471-32692-5 / $49.95
- ❑ **The Psychotherapy Documentation Primer**
  0-471-28990-6 / $45.00
- ❑ **The Couple and Family Clinical Documentation Sourcebook**
  0-471-25234-4 / $49.95
- ❑ **The Clinical Child Documentation Sourcebook**
  0-471-29111-0 / $49.95
- ❑ **The Chemical Dependence Treatment Documentation Sourcebook**
  0-471-31285-1 / $49.95
- ❑ **The Forensic Documentation Sourcebook**
  0-471-25459-2 / $95.00
- ❑ **The Continuum of Care Clinical Documenta Sourcebook**
  0-471-34581-4 / $85.00

order by phone, call TOLL FREE 1-800-225-5945

ontact us at:
Wiley & Sons, Inc., Attn: J. Knott
River Street, Hoboken, NJ 07030
1-800-597-3299
e: www.wiley.com/practiceplanners

WILE

The Complete Depression Treatment and Homework Planner

PRACTICE*PLANNERS*® SERIES

Treatment Planners

The Complete Adult Psychotherapy Treatment Planner, Third Edition
The Child Psychotherapy Treatment Planner, Third Edition
The Adolescent Psychotherapy Treatment Planner, Third Edition
The Addiction Treatment Planner, Second Edition
The Continuum of Care Treatment Planner
The Couples Psychotherapy Treatment Planner
The Employee Assistance Treatment Planner
The Pastoral Counseling Treatment Planner
The Older Adult Psychotherapy Treatment Planner
The Behavioral Medicine Treatment Planner
The Group Therapy Treatment Planner
The Gay and Lesbian Psychotherapy Treatment Planner
The Family Therapy Treatment Planner
The Severe and Persistent Mental Illness Treatment Planner
The Mental Retardation and Developmental Disability Treatment Planner
The Social Work and Human Services Treatment Planner
The Crisis Counseling and Traumatic Events Treatment Planner
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
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 Risk Assessment & Prevention Treatment Planner
The College Student Counseling Treatment Planner

Progress Note Planners

The Child Psychotherapy Progress Notes Planner, Second Edition
The Adolescent Psychotherapy Progress Notes Planner, Second Edition
The Adult Psychotherapy Progress Notes Planner, Second Edition
The Addiction Progress Notes Planner
The Severe and Persistent Mental Illness Progress Notes Planner
The Couples Psychotherapy Progress Notes Planner

Homework Planners

Brief Therapy Homework Planner
Brief Couples Therapy Homework Planner
Brief Adolescent Therapy Homework Planner
Brief Child Therapy Homework Planner
Brief Employee Assistance Homework Planner
Brief Family Therapy Homework Planner
Grief Counseling Homework Planner
Group Therapy Homework Planner
Divorce Counseling Homework Planner
School Counseling and School Social Work Homework Planner
Child Therapy Activity and Homework Planner
Addiction Treatment Homework Planner, Second Edition
Adolescent Psychotherapy Homework Planner II
Adult 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

Documentation Sourcebooks

The Clinical Documentation Sourcebook, Second Edition
The Forensic Documentation Sourcebook
The Psychotherapy Documentation Primer
The Chemical Dependence Treatment Documentation Sourcebook
The Clinical Child Documentation Sourcebook
The Couple and Family Clinical Documentation Sourcebook
The Continuum of Care Clinical Documentation Sourcebook

Complete Planners

The Complete Depression Treatment and Homework Planner
The Complete Anxiety Treatment and Homework Planner

PracticePlanners®

Arthur E. Jongsma, Jr., Series Editor

The Complete Depression Treatment and Homework Planner

Arthur E. Jongsma, Jr., Editor

WILEY

John Wiley & Sons, Inc.

This book is printed on acid-free paper. ♾

Copyright © 2004 by Arthur E. Jongsma, Jr. All rights reserved.

Published by John Wiley & Sons, Inc., Hoboken, New Jersey.
Published simultaneously in Canada.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, Inc., 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600, or on the web at www.copyright.com. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering professional services. If legal, accounting, medical, psychological or any other expert assistance is required, the services of a competent professional person should be sought.

Designations used by companies to distinguish their products are often claimed as trademarks. In all instances where John Wiley & Sons, Inc. is aware of a claim, the product names appear in initial capital or all capital letters. Readers, however, should contact the appropriate companies for more complete information regarding trademarks and registration.

For general information on our other products and services please contact our Customer Care Department within the United States at (800) 762-2974, outside the United States at (317) 572-3993 or fax (317) 572-4002.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books. For more information about Wiley products, visit our Web site at www.wiley.com.

Note about Photocopy Rights

The publisher grants purchasers permission to reproduce handouts from this book for professional use with their clients.

ISBN: 0-471-64515-X

Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1

CONTENTS

PracticePlanners® Series Preface xiii

Introduction 1

SECTION I—Treatment Planning 9

Child 13
Arthur E. Jongsma, Jr., L. Mark Peterson, and William P. McInnis

School-Based Child/Adolescent 19
Sarah Edison Knapp and Arthur E. Jongsma, Jr.

Adolescent 27
Arthur E. Jongsma, Jr., L. Mark Peterson, and William P. McInnis

Adolescent in Juvenile Justice/Residential Care 33
William P. McInnis, Wanda D. Dennis, Michell A. Meyers, Kathleen O'Connell-Sullivan, and Arthur E. Jongsma, Jr.

Adult 43
Arthur E. Jongsma, Jr. and L. Mark Peterson

Acute Inpatient Adult 49
Chris E. Stout and Arthur E. Jongsma, Jr.

Addicted Adult/Adolescent 55
Robert R. Perkinson and Arthur E. Jongsma, Jr.

Older Adult 61
Deborah W. Frazer and Arthur E. Jongsma, Jr.

Spouse Depressed Due to Relationship 69
K. Daniel O'Leary, Richard E. Heyman, and Arthur E. Jongsma, Jr.

Spouse Depressed Independent of Relationship 75
K. Daniel O'Leary, Richard E. Heyman, and Arthur E. Jongsma, Jr.

Employee 81
James M. Oher, Daniel J. Conti, and Arthur E. Jongsma, Jr.

Parishioner 87
Arthur E. Jongsma, Jr. and James R. Kok

Medically Ill 91
Douglas E. DeGood, Angela L. Crawford, and Arthur E. Jongsma, Jr.

Trauma Victim 97
Tammi D. Kolski, Michael Avriette, and Arthur E. Jongsma, Jr.

Developmentally Disabled 103
Kellye H. Slaggert and Arthur E. Jongsma, Jr.

Severely Mentally Ill 111
David J. Berghuis and Arthur E. Jongsma, Jr.

Depressive Personality Disorder 119
Neil R. Bockian and Arthur E. Jongsma, Jr.

Neurologically Impaired 129
Michele J. Rusin and Arthur E. Jongsma, Jr.

Parolee 137
Brad M. Bogue, Anjali Nandi, and Arthur E. Jongsma, Jr.

Group Treatment of Depression 145
Kim Paleg and Arthur E. Jongsma, Jr.

Psychotropic Treatment of Depression 153
David C. Purselle, Charles B. Nemeroff, and Arthur E. Jongsma, Jr.

Section II—Homework Planning 161

Child 163
Arthur E. Jongsma, Jr., L. Mark Peterson, and William P. McInnis
Exercise IIA.A Surface Behavior/Inner Feelings 165
Exercise IIB.B Three Ways to Change the World 169

Adolescent 173
Arthur E. Jongsma, Jr., L. Mark Peterson, and William P. McInnis
Exercise IIB.A Pictures of Activities I Enjoy 175
Exercise IIB.B I Am a Good Person 179
Exercise IIB.C Maintaining Your Self-Esteem 182
Exercise IIB.D Overcoming Helplessness and Hopelessness 186
Exercise IIB.E Take Time to Laugh and Enjoy Life 189

School Based 195
Sarah Edison Knapp
Exercise IIC.A Accomplishments I Am Proud Of 197
Exercise IIC.B Growing and Changing 200
Exercise IIC.C Heart-to-Heart Smart Talks 204
Exercise IIC.D Planning for Fun 207

Adult 211
Arthur E. Jongsma, Jr.
Exercise IID.A Creating a Memorial Collage 213
Exercise IID.B Identify and Schedule Pleasant Activities 216
Exercise IID.C Journal of Distorted, Negative Thoughts 219
Exercise IID.D Negative Thoughts Trigger Negative Feelings 223
Exercise IID.E Why I Dislike Taking My Medication 228

Addiction 231
James R. Finley and Brenda S. Lenz
Exercise IIE.A Am I Having Difficulty Letting Go? 233
Exercise IIE.B Depression Interacts with Addiction 236
Exercise IIE.C Early Recovery Emotions 240
Exercise IIE.D Why Do I Matter and Who Cares? 243

Couples 247
Gary M. Schultheis, Bill O'Hanlon, and Steffanie O'Hanlon
Exercise IIF.A Changes That Will Improve the Relationship 249
Exercise IIF.B Identify Your Partner's Feelings 252
Exercise IIF.C Increase Romantic Behaviors 255

Employee 259
Lise B. Mayers and Diana L. Rabatin
Exercise IIG.A Boosting Self-Esteem 261
Exercise IIG.B Practicing Positive Self-Talk 264
Exercise IIG.C Setting Personal Goals 266
Exercise IIG.D Ways to Nurture Yourself 268

Group 273
Louis J. Bevilacqua
Exercise IIH.A My Feelings Journal 275
Exercise IIH.B There's Always a Sunrise 278
Exercise IIH.C What Do Others Value about Me? 280

Appendix: Bibliotherapy Suggestions 283

