



# The Complete Adult Psychotherapy Treatment Planner: Includes DSM-5 Updates

*Arthur E. Jongsma Jr., L. Mark Peterson, Timothy J. Bruce*

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**A time-saving resource, fully revised to meet the changing needs of mental health professionals**

*The Complete Adult 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 anger control problems, low self-esteem, phobias, and social anxiety
- Organized around 43 behaviorally based presenting problems, including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more
- 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 or DSM-5 diagnosis
- 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

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