



The Therapist's Notebook: Homework, Handouts, and Activities for Use in Psychotherapy

Lorna L. Hecker, Sharon A. Deacon

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When did you last have enough free time to carefully create, develop, and test a therapeutic concept or teaching method to improve the help you provide to your patients? With *The Therapist's Notebook*, a compilation of original ideas by practicing clinicians, you can tap into the knowledge and experience of seasoned professionals to give your clients tangible, field-tested assignments that will represent their work and progress in therapy. Appropriate for practicing marriage and family therapists, psychologists, social workers, and other therapists of any professional affiliation who deal with children, adolescents, adults, couples, or families, this dynamic handbook provides you with handouts and homework activities that are quick and easy and require little effort or experience to use. *The Therapist's Notebook* is a valuable resource for both experienced and novice clinicians. Established clinicians will know how to fit each chapter to a particular clientele, while uninitiated clinicians or trainees will appreciate how the ready-made materials help their clients and spur their own creativity in intervening. You'll find therapeutic work becomes less stressful and more enjoyable as you learn about helping these populations deal with important issues:

- Adults--goal setting, boundary issues, life transitions, communication, problemsolving, compulsivity, feelings
- Couples--trust, infidelity, leisure time, communication, conflict resolution, sexuality, enrichment
- Families--rules/punishment, decisionmaking, gender roles, chores and responsibilities, communication
- Children--self-esteem, school problems, social skills, abuse, discipline problems
- Adolescents--peer pressure, school issues, communication, involvement in therapy, behavior
- Other--resistant clients, crisis counseling, linking clients with social resources

The Therapist's Notebook gives you a tangible, useful product you can utilize with clients. The book's compilation of homework, handouts, and activities that have been successfully applied to client populations is valuable not only for therapists' daily use, but also to illustrate creative, clinically tested interventions to future counselors, therapists, social workers, teachers, school psychologists, and special educators. Particularly useful as an ancillary text in university courses in psychotherapy-related fields, the book's user-friendly format will enliven practicum courses and ensure heightened student participation.

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Lori Barnes:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Therapist's Notebook: Homework, Handouts, and Activities for Use in Psychotherapy, you could enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

Stephen Harvey:

In this age globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The health of the world makes the information better to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The particular book that recommended to you personally is The Therapist's Notebook: Homework, Handouts, and Activities for Use in Psychotherapy this book consist a lot of the information with the condition of this world now. This kind of book was represented so why is the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. Honestly, that is why this book acceptable all of you.

Linda Justice:

Is it a person who having spare time subsequently spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This The Therapist's Notebook: Homework, Handouts, and Activities for Use in Psychotherapy can be the reply, oh how comes? The new book you know. You are so out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these textbooks have than the others?

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