The Complete Anxiety Treatment and Homework Planner

Arthur E. Jongsma, Jr.

Editor
The Complete Anxiety Treatment and Homework Planner
PRACTICEPLANNERS® SERIES

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

Arthur E. Jongsma, Jr.

Editor
To my Dad, Arthur E. Jongsma, Sr., whose 95 year journey through life has been predominantly dedicated to serving his Lord to the best of his ability. He loves the Lord and the Lord loves him.

A.E.J.
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The practice of psychotherapy has a dimension that did not exist 30, 20, or even 15 years ago—accountability. Treatment programs, public agencies, clinics, and even group and solo practitioners must now justify the treatment of patients to outside review entities that control the payment of fees. This development has resulted in an explosion of paperwork. Clinicians must now document what has been done in treatment, what is planned for the future, and what the anticipated outcomes of the interventions are. The books and software in this PracticePlanners series are designed to help practitioners fulfill these documentations requirements efficiently and professionally.

The PracticePlanner series is growing rapidly. It now includes not only the original The Complete Adult Psychotherapy Treatment Planner; Third Edition, The Child Psychotherapy Treatment Planner; Third Edition, and The Adolescent Psychotherapy Treatment Planner, Third Edition, but also Treatment Planners targeted to specialty areas of practice, including: addictions, juvenile justice/residential care, couples therapy, employee assistance, behavioral medicine, therapy with older adults, pastoral counseling, family therapy, group therapy, neuropsychology, therapy with gays and lesbians, special education, school counseling, probation and parole, therapy with sexual abuse victims and offenders, and more.

Several of the Treatment Planner books now have companion Progress Notes Planners (e.g., Adult, Adolescent, Child, Addictions, Severe and Persistent Mental Illness, Couples). More of these planners that provide a menu of progress statements that elaborate on the client’s symptom presentation and the provider’s therapeutic intervention are in production. Each Progress Notes Planner statement is directly integrated with “Behavioral Definitions” and “Therapeutic Interventions” items from the companion Treatment Planner.

The list of therapeutic Homework Planners is also growing from the original Brief Therapy Homework to Adult, Adolescent, Child, Couples, Group, Family, Addictions, Divorce, Grief, Employee Assistance, and School Counseling/School Social Work Homework Planners. Each of these books can be used alone or in conjunction with their companion Treatment Planner. Homework assignments are designed around each presenting problem (e.g., Anxiety, Depression, Chemical Dependence, Anger Management, Panic, Eating Disorders) that is the focus of a chapter in its corresponding Treatment Planner.

Client Education Handout Planners, a new branch in the series, provides brochures and handouts to help educate and inform adult, child, adolescent, couples, and family clients on a myriad of mental health issues, as well as life skills techniques. The list of presenting problems for which information is provided mirrors the list of presenting problems in the Treatment Planner of the title similar to that of the Handout Planner. Thus, the problems for which educational material is provided in the Child and
Adolescent Client Education Handout Planner reflect the presenting problems listed in The Child and The Adolescent Psychotherapy Treatment Planner books. Handouts are included on CD-ROMs for easy printing and are ideal for use in waiting rooms, at presentations, as newsletters, or as information for clients struggling with mental illness issues.

In addition, the series also includes TheraScribe®, the latest version of the popular treatment planning, clinical record-keeping software. TheraScribe allows the user to import the data from any of the Treatment Planner, Progress Notes Planner, or Homework Planner books into the software’s expandable database. Then the point-and-click method can create a detailed, neatly organized, individualized, and customized treatment plan along with optional integrated progress notes and homework assignments.

Adjunctive books, such as The Psychotherapy Documentation Primer, and Clinical, Forensic, Child, Couples and Family, Continuum of Care, and Chemical Dependence Documentation Sourcebook contain forms and resources to aid the mental health practice management. The goal of the series is to provide practitioners with the resources they need to provide high-quality care in the era of accountability—or, 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
Since the early 1960s, formalized treatment planning has gradually become a vital aspect of the health care delivery system, whether it is treatment related to physical health, mental health, child welfare, or substance abuse. What started in the medical sector in the 1960s spread into the mental health sector in the 1970s as clinics, psychiatric hospitals, agencies, and other institutions, began to seek accreditation from bodies such as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) to qualify for third-party reimbursements. With the advent of managed care in the 1980s, treatment planning took on even more importance. Managed care systems insisted that clinicians move rapidly from assessment of the problem to the formulation and implementation of a treatment plan. The goal of most managed care companies is to expedite the treatment process by prompting the client and treatment provider to focus on identifying and changing behavioral problems as quickly as possible. Treatment plans must be specific as to the presenting problems, behaviorally defined symptoms, treatment goals, and objectives and interventions. Treatment plans must be individualized to meet the client’s needs and goals, and the observable objectives must allow for setting milestones that can be used to chart the client’s progress. Pressure from third-party payors, accrediting agencies, and other outside parties has therefore increased the need for clinicians to produce effective, high-quality treatment plans in a short time. Because many mental health providers have little experience in treatment plan development, our purpose in writing this book is to clarify, simplify, and accelerate the treatment planning process.

Currently, there are 28 Treatment Planners and 14 Homework Planners in the Wiley Practice Planners series. As the Series Editor, I have been privileged to work with many creative and well-trained mental health professionals from around the country. Although these books have been written for implementation with a wide variety of treatment populations (e.g., adult, adolescent, child, older adult, addicted) or treatment settings (e.g., school, employment), some presenting problems are common to many of our books. This book is a compilation of treatment planning and homework assignments focused on the presenting problem of anxiety.

Various authors have approached the treatment of anxiety in specific client populations or treatment settings. Some of the material has been modified slightly to make the style, length, and form uniform throughout the book. The authors of the individual chapters are cited in a footnote at the beginning of each chapter. I thank them for their contributions to this book.

The 25 homework assignments are grouped into eight categories based on their treatment population focus. If an assignment appears applicable to your client, you may visit the Wiley website www.wiley.com/go/completeplanners to download a full-size customizable version to