Adult Psychotherapy
Homework Planner

Arthur E. Jongsma, Jr.
Adult Psychotherapy
Homework Planner
PRACTICEPLANNERS® SERIES

Treatment Planners
The Complete Adult Psychotherapy Treatment Planner, 3e
The Child Psychotherapy Treatment Planner, 3e
The Adolescent Psychotherapy Treatment Planner, 3e
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
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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 Addiction Treatment Planner, 2e
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The Juvenile Justice and Residential Care Treatment Planner
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The Psychopharmacology Treatment Planner
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The Adolescent Psychotherapy Progress Notes Planner, Second Edition
The Adult Psychotherapy Progress Notes Planner, Second Edition
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Homework Planners
Brief Therapy Homework Planner
Brief Couples Therapy Homework Planner
Brief Child Therapy Homework Planner
Brief Adolescent 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
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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
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 Clinical Documentation Sourcebook, 2e
The Continuum of Care Clinical Documentation Sourcebook
To Dave and Lorrie Vander Ark,
whose friendship has enriched our lives and
whose support is more reliable than a fine timepiece.
## CONTENTS

PracticePlanner® Series Preface xv
Acknowledgments xvii
Introduction xix

### SECTION I—Anger Management
- Exercise I.A Alternatives to Destructive Anger 3
- Exercise I.B Anger Journal 9

### SECTION II—Antisocial Behavior
- Exercise II.A How I Have Hurt Others 17
- Exercise II.B Letter of Apology 20

### SECTION III—Anxiety
- Exercise III.A Analyze the Probability of a Feared Event 25
- Exercise III.B Past Successful Anxiety Coping 29

### SECTION IV—Attention Deficit Disorder (ADD)—Adult
- Exercise IV.A Symptoms and Fixes for ADD 33

### SECTION V—Borderline Personality
- Exercise V.A Journal and Replace Self-Defeating Thoughts 39
- Exercise V.B Plan Before Acting 46

### SECTION VI—Chemical Dependence
- Exercise VI.A Aftercare Plan Components 51
- Exercise VI.B Relapse Triggers 55
- Exercise VI.C Substance Abuse Negative Impact versus Sobriety’s Positive Impact 59

### SECTION VII—Chemical Dependence Relapse
- Exercise VII.A Relapse Symptom Line 67

### SECTION VIII—Childhood Trauma
- Exercise VIII.A Changing from Victim to Survivor 73
- Exercise VIII.B Feelings and Forgiveness Letter 77
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>XIX</td>
<td>Low Self-Esteem</td>
<td>165</td>
</tr>
<tr>
<td>A</td>
<td>Acknowledging My Strengths</td>
<td>167</td>
</tr>
<tr>
<td>B</td>
<td>Replacing Fears with Positive Messages</td>
<td>170</td>
</tr>
<tr>
<td>XX</td>
<td>Male Sexual Dysfunction</td>
<td>175</td>
</tr>
<tr>
<td>A</td>
<td>Journaling the Response to Nondemand, Sexual Pleasuring (Sensate Focus)</td>
<td>177</td>
</tr>
<tr>
<td>XXI</td>
<td>Mania or Hypomania</td>
<td>183</td>
</tr>
<tr>
<td>A</td>
<td>Recognizing the Negative Consequences of Impulsive Behavior</td>
<td>185</td>
</tr>
<tr>
<td>B</td>
<td>What Are My Good Qualities?</td>
<td>189</td>
</tr>
<tr>
<td>C</td>
<td>Why I Dislike Taking My Medication</td>
<td>193</td>
</tr>
<tr>
<td>XXII</td>
<td>Medical Issues</td>
<td>195</td>
</tr>
<tr>
<td>A</td>
<td>How I Feel about My Medical Treatment</td>
<td>197</td>
</tr>
<tr>
<td>B</td>
<td>The Impact of My Illness</td>
<td>200</td>
</tr>
<tr>
<td>XXIII</td>
<td>Obsessive-Compulsive Disorder (OCD)</td>
<td>203</td>
</tr>
<tr>
<td>A</td>
<td>Making Use of the Thought-Stopping Technique</td>
<td>205</td>
</tr>
<tr>
<td>B</td>
<td>Reducing the Strength of Compulsive Behaviors</td>
<td>209</td>
</tr>
<tr>
<td>XXIV</td>
<td>Parenting</td>
<td>213</td>
</tr>
<tr>
<td>A</td>
<td>Learning to Parent as a Team</td>
<td>215</td>
</tr>
<tr>
<td>B</td>
<td>Using Reinforcement Principles in Parenting</td>
<td>219</td>
</tr>
<tr>
<td>XXV</td>
<td>Phase-of-Life Problems</td>
<td>223</td>
</tr>
<tr>
<td>A</td>
<td>What Needs to Be Changed in My Life?</td>
<td>225</td>
</tr>
<tr>
<td>B</td>
<td>What’s Good about Me and My Life?</td>
<td>228</td>
</tr>
<tr>
<td>XXVI</td>
<td>Phobia-Panic/Agoraphobia</td>
<td>231</td>
</tr>
<tr>
<td>A</td>
<td>Four Ways to Reduce Fear</td>
<td>233</td>
</tr>
<tr>
<td>B</td>
<td>Gradually Reducing Your Phobic Fear</td>
<td>237</td>
</tr>
<tr>
<td>C</td>
<td>Monitoring My Panic Attack Experiences</td>
<td>241</td>
</tr>
<tr>
<td>XXVII</td>
<td>Posttraumatic Stress Disorder (PTSD)</td>
<td>243</td>
</tr>
<tr>
<td>A</td>
<td>How the Trauma Affects Me</td>
<td>245</td>
</tr>
<tr>
<td>B</td>
<td>Share the Painful Memory</td>
<td>247</td>
</tr>
</tbody>
</table>
Section XXVIII—Psychoticism 251
   Exercise XXVIII.A  What Do You Hear and See? 253

Section XXIX—Sexual Abuse 255
   Exercise XXIX.A  A Blaming Letter and a Forgiving Letter to Perpetrator 257
   Exercise XXIX.B  Picturing the Place of the Abuse 260

Section XXX—Sexual Identity Confusion 263
   Exercise XXX.A  Journal of Sexual Thoughts, Fantasies, Conflicts 265
   Exercise XXX.B  To Whom and How to Reveal My Homosexuality 271

Section XXXI—Sleep Disturbance 275
   Exercise XXXI.A  Sleep Pattern Record 277

Section XXXII—Social Discomfort 283
   Exercise XXXII.A  Restoring Socialization Comfort 285

Section XXXIII—Somatization 287
   Exercise XXXIII.A  Controlling the Focus on Physical Problems 289

Section XXXIV—Suicidal Ideation 293
   Exercise XXXIV.A  Journal of Distorted, Negative Thoughts 295
   Exercise XXXIV.B  The Aftermath of Suicide 299

Appendix: Alternate Assignments for Presenting Problems 303

About the CD-ROM 311
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 documentation requirements efficiently and professionally.

The PracticePlanners series is growing rapidly. It now includes not only the original 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, psychopharmacology, 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 for adults to 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 in order 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
Although only my name appears as the author of this book, the product is the result of the combined efforts of many people. I first would like to acknowledge the contribution of my coauthors on several other books, William McInnis and Mark Peterson. They both gave permission for me to borrow and adapt some of the homework exercises we had collaborated on in writing the *Brief Adolescent Therapy Homework Planner* and the *Adolescent Psychotherapy Homework Planner II*. Several of the assignments in this book have been adapted to the adult focus group from their original creation for the adolescent client. Thank you Bill and Mark.

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