This timesaving resource features:

- Progress notes components for 46 behaviorally based presenting problems that correlate with *The Addiction Treatment Planner, Fifth Edition*
- Over 1,000 prewritten progress notes describing client presentation and interventions implemented
- Prewritten progress notes that can be quickly adapted to fit a particular client need or treatment situation and conform to the latest ASAM guidelines
- Incorporates new progress notes language consistent with Evidence-Based Treatment Interventions

DAVID J. BERGHUIS AND ARTHUR E. JONGSMA, JR.
Treatment Planners cover all the necessary elements for developing formal treatment plans, including detailed problem definitions, long-term goals, short-term objectives, therapeutic interventions, and DSM™ diagnoses.

- The Complete Adult Psychotherapy Treatment Planner, Fifth Edition*...........978-1-118-06786-4 / $60.00
- The Child Psychotherapy Treatment Planner, Fifth Edition*..................................978-1-118-06785-7 / $60.00
- The Adolescent Psychotherapy Treatment Planner, Fifth Edition*..........................978-1-118-06784-0 / $60.00
- The Addiction Treatment Planner, Fifth Edition*..................................................978-1-118-41475-8 / $60.00
- The Couples Psychotherapy Treatment Planner, Second Edition.........................978-0-470-40695-3 / $60.00
- The Group Therapy Treatment Planner, Second Edition.................................978-0-471-66791-9 / $60.00
- The Family Therapy Treatment Planner, Second Edition.................................978-0-470-44193-0 / $60.00
- The Older Adult Psychotherapy Treatment Planner, Second Edition....................978-0-470-55117-2 / $60.00
- The Employee Assistance (EAP) Treatment Planner............................................978-0-471-24709-8 / $60.00
- The Gay and Lesbian Psychotherapy Treatment Planner......................................978-0-471-35080-4 / $60.00
- The Crisis Counseling and Traumatic Events Treatment Planner, Second Edition..........................................................978-1-118-05701-8 / $60.00
- The Social Work and Human Services Treatment Planner......................................978-0-471-37741-2 / $60.00
- The Continuum of Care Treatment Planner.........................................................978-0-471-19568-9 / $60.00
- The Behavioral Medicine Treatment Planner.......................................................978-0-471-31923-8 / $60.00
- The Mental Retardation and Developmental Disability Treatment Planner..............978-0-471-38253-9 / $60.00
- The Special Education Treatment Planner............................................................978-0-471-38372-2 / $60.00
- The Severe and Persistent Mental Illness Treatment Planner, Second Edition.........978-0-470-18013-6 / $60.00
- The Personality Disorders Treatment Planner.....................................................978-0-471-39403-7 / $60.00
- The Rehabilitation Psychology Treatment Planner.................................................978-0-471-35178-5 / $60.00
- The Pastoral Counseling Treatment Planner..........................................................978-0-471-25416-4 / $60.00
- The Juvenile Justice and Residential Care Treatment Planner................................978-0-471-43320-0 / $60.00
- The School Counseling and School Social Work Treatment Planner, Second Edition..........................................................978-0-470-61817-2 / $60.00
- The Psychopharmacology Treatment Planner......................................................978-0-471-43322-4 / $60.00
- The Probation and Parole Treatment Planner......................................................978-0-471-20244-8 / $60.00
- The Suicide and Homicide Risk Assessment & Prevention Treatment Planner........978-0-471-46631-4 / $60.00
- The Speech-Language Pathology Treatment Planner.............................................978-0-471-27504-6 / $60.00
- The College Student Counseling Treatment Planner.............................................978-0-471-46708-3 / $60.00
- The Parenting Skills Treatment Planner.................................................................978-0-471-48183-6 / $60.00
- The Early Childhood Education Intervention Treatment Planner............................978-0-471-65962-4 / $60.00
- The Co-Occurring Disorders Treatment Planner..................................................978-0-471-73081-1 / $60.00
- The Sexual Abuse Victim and Sexual Offender Treatment Planner........................978-0-471-21979-8 / $60.00
- The Complete Women’s Psychotherapy Treatment Planner..................................978-0-470-03983-0 / $60.00
- The Veterans and Active Duty Military Psychotherapy Treatment Planner..............978-0-470-44098-8 / $60.00

The Complete Treatment and Homework Planners series of books combines our bestselling Treatment Planners and Homework Planners into one easy-to-use, all-in-one resource for mental health professionals treating clients suffering from the most commonly diagnosed disorders.

- The Complete Depression Treatment and Homework Planner................................978-0-471-64515-3 / $60.00
- The Complete Anxiety Treatment and Homework Planner......................................978-0-471-64548-1 / $60.00

Over 800,000 PracticePlanners® sold
Homework Planners feature dozens of behaviorally based, ready-to-use assignments that are designed for use between sessions, as well as a CD-ROM (Microsoft Word) containing all of the assignments—allowing you to customize them to suit your unique client needs.

- Couples Therapy Homework Planner, Second Edition ................................. 978-0-470-52266-0 / $60.00
- Child Psychototherapy Homework Planner, Fifth Edition* ......................... 978-1-118-07674-3 / $60.00
- Child Therapy Activity and Homework Planner ............................................. 978-0-471-25684-7 / $60.00
- Adolescent Psychototherapy Homework Planner, Fifth Edition* .................. 978-1-118-07673-6 / $60.00
- Addiction Treatment Homework Planner, Fifth Edition* ............................. 978-1-118-56059-4 / $60.00
- Family Therapy Homework Planner, Second Edition ..................................... 978-0-470-50439-9 / $60.00
- Grief Counseling Homework Planner .......................................................... 978-0-471-43318-7 / $60.00
- Group Therapy Homework Planner .............................................................. 978-0-471-41822-1 / $60.00
- School Counseling and School Social Work Homework Planner, Second Edition .......................................................... 978-1-118-41038-7 / $60.00
- Adult Psychotherapy Homework Planner, Fifth Edition* ......................... 978-1-118-07672-9 / $60.00
- Parenting Skills Homework Planner ......................................................... 978-0-471-48182-9 / $60.00
- Veterans and Active Duty Military Psychototherapy Homework Planner ...... 978-0-470-89052-3 / $60.00

*Updated to DSM-5™

Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners.

- The Adult Psychototherapy Progress Notes Planner* ........................................... 978-1-118-06675-1 / $60.00
- The Adolescent Psychototherapy Progress Notes Planner* .............................. 978-1-118-06676-8 / $60.00
- The Severe and Persistent Mental Illness Progress Notes Planner ............... 978-0-470-18014-3 / $60.00
- The Child Psychototherapy Progress Notes Planner* .................................. 978-1-118-06677-5 / $60.00
- The Addiction Progress Notes Planner* ......................................................... 978-1-118-54296-5 / $60.00
- The Couples Psychototherapy Progress Notes Planner ............................... 978-0-470-93691-7 / $60.00
- The Family Therapy Progress Notes Planner ................................................. 978-0-470-44884-7 / $60.00
- The Veterans and Active Duty Military Psychototherapy Progress Notes Planner .......... 978-0-470-44097-1 / $60.00

*Updated to DSM-5™

Client Education Handout Planners contain elegantly designed handouts that can be printed out from the enclosed CD-ROM and provide information on a wide range of psychological and emotional disorders and life skills issues. Use as patient literature, handouts at presentations, and aids for promoting your mental health practice.

- Adult Client Education Handout Planner ...................................................... 978-0-471-20232-5 / $60.00
- Child and Adolescent Client Education Handout Planner ......................... 978-0-471-20233-2 / $60.00
- Couples and Family Client Education Handout Planner .............................. 978-0-471-20234-9 / $60.00

To order by phone in the United States: Call toll free 1-877-762-2974
Online: www.practiceplanners.wiley.com
Mail this order form to:
Wiley, Attn: Customer Care
10475 Crosspoint Blvd.
Indianapolis, IN 46256

Name
Affiliation
Address
City/State/Zip
Phone/Fax
E-mail
☐ Check enclosed  ☐ Visa  ☐ MasterCard  ☐ American Express
Card #__________________________
Expiration Date
Signature
*Add $5 shipping for first book, $3 for each additional book. Please add your local sales tax to all orders. Prices subject to change without notice.
The Addiction
Progress Notes Planner
PracticePlanners® Series

Treatment Planners
The Complete Adult Psychotherapy Treatment Planner, Fifth Edition
The Child Psychotherapy Treatment Planner, Fifth Edition
The Adolescent Psychotherapy Treatment Planner, Fifth Edition
The Addiction Treatment Planner, Fifth Edition
The Continuum of Care Treatment Planner
The Couples Psychotherapy Treatment Planner, Second Edition
The Employee Assistance Treatment Planner
The Pastoral Counseling Treatment Planner
The Older Adult Psychotherapy Treatment Planner, Second Edition
The Behavioral Medicine Treatment Planner
The Group Therapy Treatment Planner
The Gay and Lesbian Psychotherapy Treatment Planner
The Family Therapy Treatment Planner, Second Edition
The Severe and Persistent Mental Illness Treatment Planner, Second Edition
The Mental Retardation and Developmental Disability Treatment Planner
The Social Work and Human Services Treatment Planner
The Crisis Counseling and Traumatic Events Treatment Planner, Second Edition
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, Second Edition
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
The Parenting Skills Treatment Planner
The Early Childhood Intervention Treatment Planner
The Co-Occurring Disorders Treatment Planner
The Complete Women’s Psychotherapy Treatment Planner
The Veterans and Active Duty Military Psychotherapy Treatment Planner

Progress Notes Planners
The Child Psychotherapy Progress Notes Planner, Fifth Edition
The Adolescent Psychotherapy Progress Notes Planner, Fifth Edition
The Adult Psychotherapy Progress Notes Planner, Fifth Edition
The Addiction Progress Notes Planner, Fifth Edition
The Severe and Persistent Mental Illness Progress Notes Planner, Second Edition
The Couples Psychotherapy Progress Notes Planner, Second Edition
The Family Therapy Progress Notes Planner, Second Edition
The Veterans and Active Duty Military Psychotherapy Progress Notes Planner

Homework Planners
Couple Therapy Homework Planner, Second Edition
Family Therapy Homework Planner, Second Edition
Grief Counseling Homework Planner
Group Therapy Homework Planner
Divorce Counseling Homework Planner
School Counseling and School Social Work Homework Planner, Second Edition
Child Therapy Activity and Homework Planner
Addiction Treatment Homework Planner, Fifth Edition
Adolescent Psychotherapy Homework Planner, Fifth Edition
Adult Psychotherapy Homework Planner, Fifth Edition
Child Psychotherapy Homework Planner, Fifth Edition
Parenting Skills Homework Planner
Veterans and Active Duty Military 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

Complete Planners
The Complete Depression Treatment and Homework Planner
The Complete Anxiety Treatment and Homework Planner
The Addiction Progress Notes Planner

Fifth Edition

David J. Berghuis

Arthur E. Jongsma, Jr.

WILEY
To my good friend, Ronn Koehler.
Thanks for your friendship and support through the years.
—David J. Berghuis

To John Westra for his many years of prison ministry with those struggling with addictions.
—Arthur E. Jongsma, Jr.
CONTENTS

PracticePlanners® Series Preface xi
Progress Notes Introduction 1

Adult-Child-of-an-Alcoholic (ACA) Traits 3
Anger 18
Antisocial Behavior 35
Anxiety 47
Attention-Deficit/Hyperactivity Disorder (ADHD)—Adolescent 63
Attention-Deficit/Hyperactivity Disorder (ADHD)—Adult 80
Bipolar Disorder 94
Borderline Traits 110
Childhood Trauma 124
Chronic Pain 138
Conduct Disorder/Delinquency 152
Dangerousness/Lethality 168
Dependent Traits 178
Eating Disorders and Obesity 190
Family Conflicts 206
Gambling 219
Grief/Loss Unresolved 232
Impulsivity 243
Legal Problems 254
Living Environment Deficiency 263
Medical Issues 273
Narcissistic Traits 283
Nicotine Abuse/Dependence 294
Obsessive Compulsive Disorder (OCD) 307
Occupational Problems 317
Oppositional Defiant Behavior 329
Parent-Child Relational Problem 342
Partner Relational Conflicts 356
Peer Group Negativity 368
Post-Traumatic Stress Disorder (PTSD) 378
Psychosis 393
Relapse Proneness 406
Self-Care Deficits—Primary 419
Self-Care Deficits—Secondary 431
Self-Harm 444
Sexual Abuse 459
CONTENTS

Sexual Promiscuity 470
Sleep Disturbance 482
Social Anxiety/Skills Deficit 494
Spiritual Confusion 509
Substance-Induced Disorders 519
Substance Intoxication/Withdrawal 527
Substance Use Disorders 536
Suicidal Ideation 550
Treatment Resistance 561
Unipolar Depression 570
Accountability is an important dimension of the practice of psychotherapy. Treatment programs, public agencies, clinics, and practitioners must justify and document their treatment plans to outside review entities in order to be reimbursed for services. The books in the PracticePlanners® series are designed to help practitioners fulfill these documentation requirements efficiently and professionally.

The PracticePlanners® series includes a wide array of treatment planning books, including not only the original Complete Adult Psychotherapy Treatment Planner, Child Psychotherapy Treatment Planner, and Adolescent Psychotherapy Treatment Planner, all now in their fifth editions, but also Treatment Planners targeted to specialty areas of practice, including:

- Addictions
- Co-occurring disorders
- Behavioral medicine
- College students
- Couples therapy
- Crisis counseling
- Early childhood education
- Employee assistance
- Family therapy
- Gays and lesbians
- Group therapy
- Juvenile justice and residential care
- Mental retardation and developmental disability
- Neuropsychology
- Older adults
- Parenting skills
- Pastoral counseling
- Personality disorders
- Probation and parole
- Psychopharmacology
- Rehabilitation psychology
- School counseling and school social work
- Severe and persistent mental illness
- Sexual abuse victims and offenders
- Social work and human services
- Special education
- Speech-language pathology
- Suicide and homicide risk assessment
Veterans and active duty military
Women’s issues

In addition, there are three branches of companion books, which can be used in conjunction with the Treatment Planners, or on their own:

- **Progress Notes Planners** provide a menu of progress statements that elaborate on the client’s symptom presentation and the provider’s therapeutic intervention. Each Progress Notes Planner statement is directly integrated with the behavioral definitions and therapeutic interventions from its companion Treatment Planner.

- **Homework Planners** include homework assignments designed around each presenting problem (such as anxiety, depression, chemical dependence, anger management, eating disorders, or panic disorder) that is the focus of a chapter in its corresponding Treatment Planner.

- **Client Education Handout Planners** provide brochures and handouts to help educate and inform clients on presenting problems and mental health issues, as well as life skills techniques. The handouts are included on CD-ROMs for easy printing from your computer and are ideal for use in waiting rooms, at presentations, as newsletters, or as information for clients struggling with mental illness issues. The topics covered by these handouts correspond to the presenting problems in the Treatment Planners.

Adjunctive books, such as *The Psychotherapy Documentation Primer* and *The Clinical Documentation Sourcebook*, contain forms and resources to aid the clinician in mental health practice management.

The goal of our series is to provide practitioners with the resources they need in order to provide high-quality care in the era of accountability. To put it simply, we seek to help you spend more time on patients and less time on paperwork.

**Arthur E. Jongsm, Jr.**
*Grand Rapids, Michigan*
PROGRESS NOTES INTRODUCTION

ABOUT PRACTICEPLANNERS® PROGRESS NOTES

Progress notes are not only the primary source for documenting the therapeutic process, but also one of the main factors in determining the client’s eligibility for reimbursable treatment. The purpose of the Progress Notes Planner series is to assist the practitioner in easily and quickly constructing progress notes that are thoroughly unified with the client’s treatment plan.

Each Progress Notes Planner:

• Saves you hours of time-consuming paperwork.
• Offers the freedom to develop customized progress notes.
• Features over 1,000 prewritten progress notes summarizing patient presentation and treatment delivered.
• Provides an array of treatment approaches that correspond with the behavioral problems and DSM-IV and DSM-5 diagnostic categories in the corresponding companion Treatment Planner.
• Offers sample progress notes that conform to the requirements of most third-party payors and accrediting agencies, including JCAHO, COA, CARF, and NCQA.

HOW TO USE THIS PROGRESS NOTES PLANNER

This Progress Notes Planner provides a menu of sentences that can be selected for constructing progress notes based on the behavioral definitions (or client’s symptom presentation) and therapeutic interventions from its companion Treatment Planner. All progress notes must be tied to the patient’s treatment plan; session notes should elaborate on the problems, symptoms, and interventions contained in the plan.

Each chapter title is a reflection of the client’s potential presenting problem. The first section of the chapter, “Client Presentation,” provides a detailed menu of statements that may describe how that presenting problem manifested itself in behavioral signs and symptoms. The numbers in parentheses within the Client Presentation section correspond to the numbers of the Behavioral Definitions from the Treatment Planner.

The second section of each chapter, “Interventions Implemented,” provides a menu of statements related to the action that was taken within the session to assist the client in making progress. The numbering of the items in the Interventions Implemented section follows exactly the numbering of Therapeutic Intervention items in the corresponding Treatment Planner.

All item lists begin with a few keywords. These words are meant to convey the theme or content of the sentences that are contained in that listing. The clinician may peruse the list of keywords to find content that matches the client’s presentation and the clinician’s intervention.