



Group Therapy Homework Planner with Download ePub

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Help clients in group therapy develop the skills they need to work through problems

Group Therapy Homework Planner provides you with an array of ready-to-use, between-session assignments designed to help clients in group therapy. This easy-to-use sourcebook features:

- 79 ready-to-copy exercises covering the most common issues encountered in group therapy
- A quick-reference format—the interactive assignments are grouped by behavioral problem, such as anxiety, bulimia, chemical dependence, and depression
- Expert guidance on how and when to make the most efficient use of the exercises
- Assignments that are cross-referenced to *The Group Therapy Treatment Planner*—so you can quickly identify the right exercise for a given situation or behavioral problem
- Downloadable content that contains all the exercises in a word-processing format—allowing you to customize them to suit you and your clients' unique styles and needs

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