

SIXTH EDITION

The Addiction TREATMENT PLANNER

This timesaving resource features:

- Treatment Plan components (Behavioral Definitions or Symptoms, Long-Term Goals, Client Short-Term Objectives, Therapeutic Interventions, and Diagnostic Suggestions) for 48 behaviorally-based Presenting Problems
- Over 3,500 prewritten Definitions, Goals, Objectives, and Interventions - plus space to record your own treatment plan options
- A step-by-step guide to writing treatment plans using multiple therapeutic approaches that meet the requirements of most accrediting agencies, insurance companies, and other third party payors
- Includes the latest **Evidence-Based Practice Interventions** that will satisfy many public funding sources and private insurers



ROBERT R. PERKINSON, ARTHUR E. JONGSMA, JR., AND TIMOTHY J. BRUCE

WILEY

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END USER LICENSE AGREEMENT

WILEY PRACTICE PLANNERS® SERIES

Treatment Planners

The Complete Adult Psychotherapy Treatment Planner, Sixth Edition

The Child Psychotherapy Treatment Planner, Sixth Edition

The Adolescent Psychotherapy Treatment Planner, Sixth Edition

The Addiction Treatment Planner, Sixth 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, Third Edition

The Gay and Lesbian Psychotherapy Treatment Planner

The Family Therapy Treatment Planner, Second Edition

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*The Crisis Counseling and Traumatic Events Treatment
s Planner, Second Edition*

*The Personality Disorders Treatments Planner, Second
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The Rehabilitation Psychology Treatment Planner

The Special Education Treatment Planner

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*The School Counseling and School Social Work
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The Speech-Language Pathology Treatment Planner

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The Co-Occurring Disorders Treatment Planner

The Parenting Skills Treatment Planner

*The Early Childhood Education Intervention Treatment
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The College Student Counseling Treatment Planner

*The Complete Women's Psychotherapy Treatment
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*The Veterans and Active Duty Military Psychotherapy
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*The Adolescent Psychotherapy Progress Notes Planner
Six Edition*

*The Adult Psychotherapy Progress Notes Planner, Sixth
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The Addiction Progress Notes Planner, Sixth Edition

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*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*

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Family Therapy Homework Planner, Second Edition

Grief Counseling Homework Planner

Group Therapy Homework Planner

Divorce Counseling Homework Planner

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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*

PracticePlanners®

Arthur E. Jongsma, Jr., Series Editor

The Addiction Treatment Planner

Sixth Edition

Robert R. Perkinson
Arthur E. Jongsma, Jr
Timothy J. Bruce

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To those who courageously overcome life-destroying
addiction and to those who counsel them along the path
to recovery.

—A.E.J.

To the angels of mental health.

—R.R.P.

To all those who struggle with addiction, and those who
dedicate their lives in service to them.

—T.J.B.

ABOUT THE COMPANION WEBSITE

This book is accompanied by a companion website.

www.wiley.com/go/jongsma/addictiontp6e



This website includes:

- Appendix G: References to Empirical Support for Evidence-Based Chapters in the Complete Addiction Treatment Planner, 6th Edition

Please note that corresponding homework assignments can be digitally downloaded through purchase of *The Addiction Homework Planner, 6th Edition*.

PRACTICE *PLANNERS*[®] SERIES

PREFACE

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*, *Adolescent Psychotherapy Treatment Planner*, and *Addictions Treatment Planner* all now in their sixth editions, but also Treatment Planners targeted to specialty areas of practice, including:

Co-occurring disorders

Integrated 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
Intellectual and developmental disability
Neuro rehabilitation
Older adults
Parenting skills
Pastoral counseling
Personality disorders
Probation and parole
Psychopharmacology
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 military duty
Women's issues

In addition, there are three branches of companion books that 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*.

The Series also includes:

- ***Evidence-Based Psychotherapy Treatment Planning Video Series*** offers 12 sixty-minute programs that provide step-by-step guidance on how to use empirically supported treatments to inform the entire treatment planning process. In a viewer-friendly manner, Drs. Art Jongsma and Tim Bruce discuss the steps involved in integrating evidence-based (EBT) Objectives and Interventions into a treatment plan. The research support for the EBTs is summarized and selected aspects of the EBTs are demonstrated in role-played counseling scenarios.

A companion Treatment Planning software product is also available:

- ***TheraScribe***[®], the #1 selling treatment planning and clinical record-keeping software system for mental health professionals. 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 to simply point and click to create a detailed, organized, individualized, and customized treatment plan along with optional integrated progress notes and homework assignments. TheraScribe[®] is available by calling 616-776-1745.

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. JONGSMA, JR.
Grand Rapids, Michigan

INTRODUCTION

ABOUT PRACTICE *PLANNERS*[®] TREATMENT PLANNERS

Pressure from third-party payers, accrediting agencies, and other outside parties has increased the need for clinicians to quickly produce effective, high-quality treatment plans. *Treatment Planners* provide all the elements necessary to quickly and easily develop formal treatment plans that satisfy the needs of most third-party payers and state and federal review agencies.

Each Treatment Planner

- Saves you hours of time-consuming paperwork.
- Offers the freedom to develop customized treatment plans.
- Includes over 1,000 clear statements describing the behavioral manifestations of each relational problem, and includes long-term goals, short-term objectives, and clinically tested treatment options.
- Has an easy-to-use reference format that helps locate treatment plan components by behavioral problem or psychiatric diagnosis.

As with the rest of the books in the *PracticePlanners*[®] series, our aim is to clarify, simplify, and accelerate the treatment planning process so you spend less time on paperwork and more time with your clients.