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UPDATES

# The Couples Psychotherapy TREATMENT PLANNER

## This timesaving resource features:

- Treatment plan components for 35 behaviorally based presenting problems
- Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options
- A step-by-step guide to writing treatment plans that meet the requirements of most accrediting bodies, insurance companies, and third-party payors
- Includes new **Evidence-Based Practice Interventions** as required by many public funding sources and private insurers

K. DANIEL O'LEARY, RICHARD E. HEYMAN, AND ARTHUR E. JONGSMA, JR.

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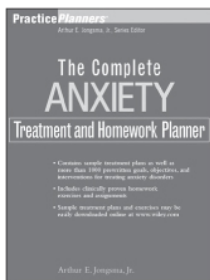
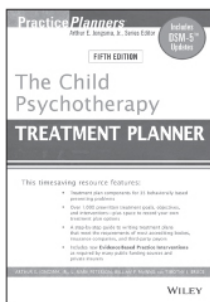
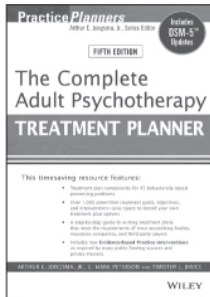
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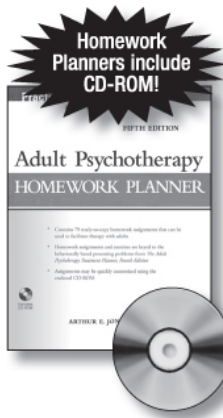
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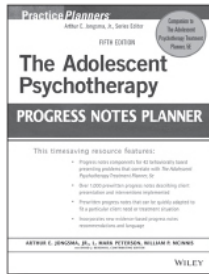
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*To my wife, Judy, who has made us much better as a couple for 47 years than I could ever be as a single person.*

*—AEJ*

*To Maria, with whom 24 years of marriage has been like one long date, and to Bob Weiss, for teaching me most everything I'll ever need to know about couples interventions.*

*—REH*

*To Susan, who has been a strong support, sounding board, and professional colleague since graduate school.*

*—KDO*

# PracticePlanners® 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*, 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
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- 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, substance use, anger control problems, 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 adjunctive books, such as *The Psychotherapy Documentation Primer* and *The Clinical Documentation Sourcebook*, containing 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. JONGSMA, JR.  
*Grand Rapids, Michigan*

# Acknowledgments

We want to acknowledge the hundreds of couples whom we have treated and who provided us with their insights and perspectives on relationships. There are many ways that individuals work with one another and they often do so in highly idiosyncratic ways. The ability of individuals to work with their partners under quite difficult circumstances due to external and internal pressures is remarkable and honorable. We thank individuals and couples who have shown us how to cope with problems and how to change their attitudes and behaviors so that they can function in a fashion that is more acceptable and satisfying to both.

Our first *Couples Therapy Treatment Planner* was written over a decade ago and some new problems that couples face have emerged across this period such as problems related to use of the Internet for sexual purposes, problems associated with our aging population, and couple issues related to an economic recession. To address some of these trends we have added chapters on problems related to retirement, the transition to parenthood, and the use of Internet sex. The chapters on couple problems related to intimate partner violence and to financial matters have been updated to bring the chapters into a more current perspective.

In all our chapters, we have relied on both the empirical literature and the observations, reactions, and insights of the couples who have faced and coped with the various problems covered in this book, and we thank them for their assistance and perspectives. In many cases, the changes were so positive that the individuals in the relationship felt more caring and love for one another. In some cases the changes were not enough for individuals to decide to stay

together, but in such cases the decision not to stay together often allowed the individuals to feel significantly better about themselves.

Throughout many of the chapters we are indebted to the self-regulation work of Kim Halford (e.g., Halford, 2004) and to the “situational analysis” approach to cognitive behavioral therapy pioneered by Jim McCullough (2003). These two approaches are complementary and encourage self-regulation by clients. Perhaps most importantly, they are pragmatic—joining with clients to examine and change thoughts and behaviors to increase the probability of achieving important outcomes rather than on denigrating clients as thinking “irrationally.” We also acknowledge the intellectual input of researchers in the couples arena whose work has informed our assessment and treatment. They include Steven Beach, Ileana Arias, Mark Whisman, Donald Baucom, Doug Snyder, Alan Gurman, and Murray Straus. We are also indebted to our colleagues, Dina Vivian and Jose Luis Grana with whom we have repeatedly discussed the treatment of individual cases over the years.

K. DANIEL O'LEARY and RICHARD E. HEYMAN

It is with great respect that I acknowledge the depth of knowledge and expertise that Rick Heyman and Dan O'Leary brought to this project. They are both very busy psychologists but they managed to give quality time to the content in this book. It was my privilege to work with them over the last year to update this second edition of the *Couples Psychotherapy Treatment Planner*. They are familiar with the research literature on counseling with couples over a variety of presenting problems and they brought that expertise to bear as they informed the Objectives and Interventions in this book with this evidence-based data. I salute them and thank them for their

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I also want to thank the editorial and production staff at John Wiley & Sons. They are professionals of the highest order and I am indebted to them for many years of fine work on the Practice*Planner* series. Kudos to you all!

A final thanks is due to Sue Rhoda, our manuscript manager, who brings organization out of chaos and style out of a jumble of good content. Thank you again, Sue.

ARTHUR E. JONGSMA, JR.

# 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 *DSM-IV-TR* diagnosis.

As with the rest of the books in the Practice *Planners*® 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.