



# The Couples Psychotherapy Treatment Planner, with DSM-5 Updates (PracticePlanners)

By K. Daniel O'Leary, Richard E. Heyman, Arthur E. Jongsma Jr.

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**The Couples Psychotherapy Treatment Planner, with DSM-5 Updates (PracticePlanners)** By K. Daniel O'Leary, Richard E. Heyman, Arthur E. Jongsma Jr.

## 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

## PracticePlanners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS

*The Couples Psychotherapy Treatment Planner, Second Edition* provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies.

- New edition features empirically supported, evidence-based treatment interventions
- New chapters on Internet sexual use, retirement, and parenthood strain
- Organized around 35 behaviorally based presenting problems including jealousy, midlife crisis, parenting conflicts, and sexual dysfunction
- Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options
- Easy-to-use reference format helps locate treatment plan components by behavioral problem
- Designed to correspond with *The Couples Psychotherapy Progress Notes Planner, Second Edition* and *Couples Therapy Homework Planner, Second Edition*
- Includes a sample treatment plan that conforms to the requirements of most

third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

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### **Editorial Review**

#### **About the Author**

**ARTHUR E. JONGSMA, JR., PHD**, is the Series Editor for the bestselling *PracticePlanners*®. Since 1971, he has provided professional mental health services to both inpatient and outpatient clients. He was the founder and director of Psychological Consultants, a group private practice in Grand Rapids, Michigan, for 25 years. He is the author or coauthor of over 50 books on treatment planning and has conducted training workshops for mental health professionals around the world.

**K. DANIEL O'LEARY, PHD**, is a Distinguished Professor of Clinical Psychology in the Department of Psychology at Stony Brook University, State University of New York. His current research focuses on physical and psychological aggression in intimate relations and factors in marriage that lead to clinical depression.

**RICHARD E. HEYMAN, PHD**, is a Research Professor of Clinical Psychology in the Department of Psychology at Stony Brook University, State University of New York. Dr. Heyman's research program focuses on the development and maintenance of family problems.

### **Users Review**

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##### **Corey Mullen:**

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