



# **Veterans and Active Duty Military Psychotherapy Homework Planner (PracticePlanners)**

*James R. Finley, Bret A. Moore*

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Features assignments and exercises to meet the changing needs of mental health professionals

The Veterans and Active Duty Military Psychotherapy Homework Planner provides you with an array of ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. This easy-to-use sourcebook features:

- 78 ready-to-copy exercises covering the most common issues encountered by veterans and active duty soldiers in therapy, such as anger management, substance abuse and dependence, bereavement, pre-deployment stress, and chronic pain after injury
- A quick-reference format—the interactive assignments are grouped by behavioral problems including combat and operational stress reactions, postdeployment reintegration, survivor's guilt, anxiety, parenting problems related to deployment, and posttraumatic stress disorder
- Expert guidance on how and when to make the most efficient use of the exercises
- Assignments are cross-referenced to The Veterans and Active Duty Military Psychotherapy Treatment Planner—so you can quickly identify the right exercise for a given situation or problem
- A CD-ROM 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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