



Brief Couples Therapy Homework Planner (PracticePlanners)

Gary M. Schultheis, Bill O'Hanlon, Steffanie Alexander O'Hanlon

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In an era of brief therapy, the time between sessions is an important component of the treatment process. This easy-to-use sourcebook provides pre-written couples psychotherapy homework assignments which are all grouped by skill set (improving communication techniques, changing your perspective, developing new coping skills, etc.). Easy-to-copy blank exercises, instructions on when and how to use the assignments, and a 3.5" disk that contains word-processing versions of every assignment in the book are included.

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