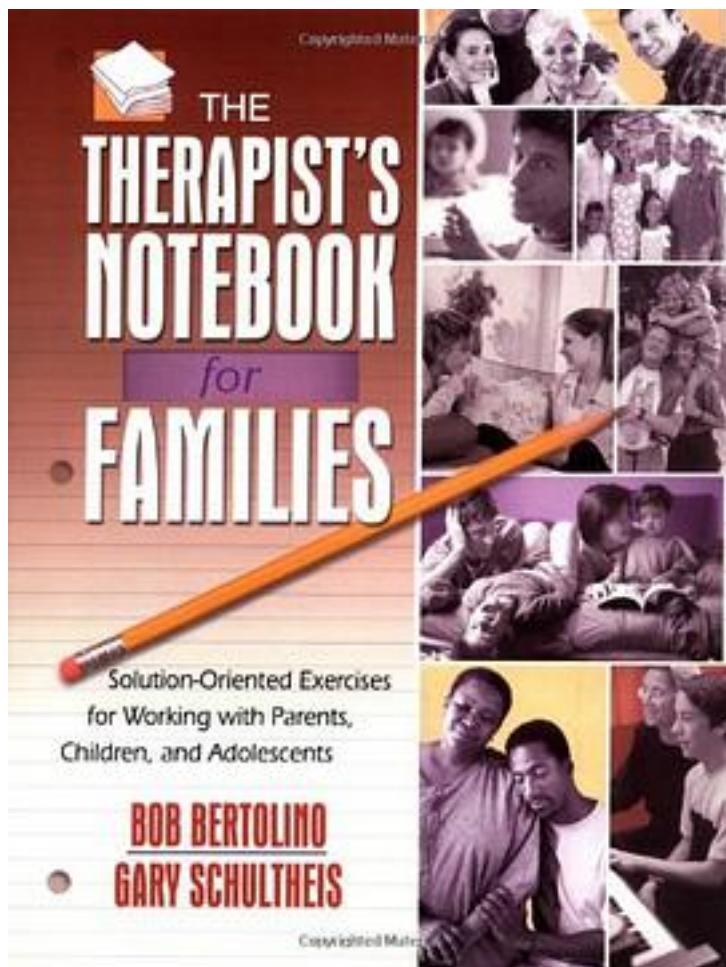


The Therapist's Notebook for Families



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Help your clients facilitate positive changes with these innovative therapeutic exercises! The Therapist's Notebook for Families empowers mental health

professionals with clear, practical, easy-to-use therapeutic exercises for working with parents, adolescents, children, and families. These exercises will improve your effectiveness with clients, helping them to explore possibilities, find solutions, and create change in spite of difficult problems. The current climate in the mental health field calls for professionals to be both effective and accountable. This book will help you to work more effectively and more respectfully with clients with an array of exercises designed to facilitate change processes. These activities will help you and your clients in: establishing goals and projected outcomes changing unhealthy views improving on their current style of action/interaction identifying and amplifying change managing setbacks ending therapy This volume include suggestions for the best ways to use the exercises as well as descriptions of the purpose of each activity. The Therapist's Notebook for Families will prove invaluable in your work with families!

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