

FOURTH EDITION

The Addiction TREATMENT PLANNER

This timesaving resource features:

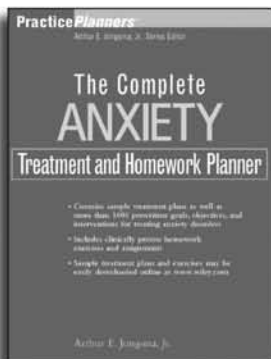
- Treatment plan components for 44 behaviorally based presenting problems
- Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options
- A step-by-step guide to writing treatment plans that conform to the latest ASAM requirements and meet 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

ROBERT R. PERKINSON AND ARTHUR E. JONGSMA, JR.
TIMOTHY J. BRUCE, *CONTRIBUTING EDITOR*

PracticePlanners[®]

Arthur E. Jongsma, Jr., Series Editor

Helping therapists help their clients...



Treatment Planners cover all the necessary elements for developing formal treatment plans, including detailed problem definitions, long-term goals, short-term objectives, therapeutic interventions, and DSM-IV[™] diagnoses.

- The Complete Adult Psychotherapy Treatment Planner, Fourth Edition 978-0-471-76346-8 / \$55.00
- The Child Psychotherapy Treatment Planner, Fourth Edition 978-0-471-78535-4 / \$55.00
- The Adolescent Psychotherapy Treatment Planner, Fourth Edition 978-0-471-78539-2 / \$55.00
- The Addiction Treatment Planner, Fourth Edition 978-0-470-40551-2 / \$55.00
- The Couples Psychotherapy Treatment Planner 978-0-471-24711-1 / \$55.00
- The Group Therapy Treatment Planner, Second Edition 978-0-471-66791-9 / \$55.00
- The Family Therapy Treatment Planner 978-0-471-34768-2 / \$55.00
- The Older Adult Psychotherapy Treatment Planner 978-0-471-29574-7 / \$55.00
- The Employee Assistance (EAP) Treatment Planner 978-0-471-24709-8 / \$55.00
- The Gay and Lesbian Psychotherapy Treatment Planner 978-0-471-35080-4 / \$55.00
- The Crisis Counseling and Traumatic Events Treatment Planner 978-0-471-39587-4 / \$55.00
- The Social Work and Human Services Treatment Planner 978-0-471-37741-2 / \$55.00
- The Continuum of Care Treatment Planner 978-0-471-19568-9 / \$55.00
- The Behavioral Medicine Treatment Planner 978-0-471-31923-8 / \$55.00
- The Mental Retardation and Developmental Disability Treatment Planner 978-0-471-38253-9 / \$55.00
- The Special Education Treatment Planner 978-0-471-38872-2 / \$55.00
- The Severe and Persistent Mental Illness Treatment Planner, Second Edition ... 978-0-470-18013-6 / \$55.00
- The Personality Disorders Treatment Planner 978-0-471-39403-7 / \$55.00
- The Rehabilitation Psychology Treatment Planner 978-0-471-35178-8 / \$55.00
- The Pastoral Counseling Treatment Planner 978-0-471-25416-4 / \$55.00
- The Juvenile Justice and Residential Care Treatment Planner 978-0-471-43320-0 / \$55.00
- The School Counseling and School Social Work Treatment Planner 978-0-471-08496-9 / \$55.00
- The Psychopharmacology Treatment Planner 978-0-471-43322-4 / \$55.00
- The Probation and Parole Treatment Planner 978-0-471-20244-8 / \$55.00
- The Suicide and Homicide Risk Assessment & Prevention Treatment Planner 978-0-471-46631-4 / \$55.00
- The Speech-Language Pathology Treatment Planner 978-0-471-27504-6 / \$55.00
- The College Student Counseling Treatment Planner 978-0-471-46708-3 / \$55.00
- The Parenting Skills Treatment Planner 978-0-471-48183-6 / \$55.00
- The Early Childhood Education Intervention Treatment Planner 978-0-471-65962-4 / \$55.00
- The Co-Occurring Disorders Treatment Planner 978-0-471-73081-1 / \$55.00
- The Sexual Abuse Victim and Sexual Offender Treatment Planner 978-0-471-21979-8 / \$55.00
- The Complete Women's Psychotherapy Treatment Planner 978-0-470-03983-0 / \$55.00
- The Veterans and Active Duty Military Psychotherapy Treatment Planner .. 978-0-470-44098-8 / \$55.00

The **Complete Treatment and Homework Planners** series of books combines our bestselling *Treatment Planners* and *Homework Planners* into one easy-to-use, all-in-one resource for mental health professionals treating clients suffering from the most commonly diagnosed disorders.

- The Complete Depression Treatment and Homework Planner 978-0-471-64515-3 / \$48.95
- The Complete Anxiety Treatment and Homework Planner 978-0-471-64548-1 / \$48.95

Over 500,000 PracticePlanners[®] sold . . .

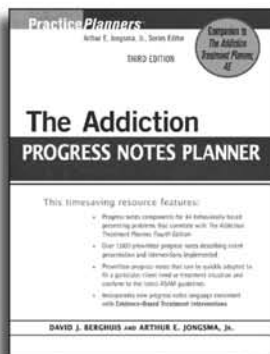




Homework Planners include disk or CD-ROM!

Homework Planners feature dozens of behaviorally based, ready-to-use assignments that are designed for use between sessions, as well as a disk or CD-ROM (Microsoft Word) containing all of the assignments—allowing you to customize them to suit your unique client needs.

- Brief Couples Therapy Homework Planner978-0-471-29511-2 / \$55.00
- Child Psychotherapy Homework Planner, Second Edition978-0-471-78534-7 / \$55.00
- Child Therapy Activity and Homework Planner.....978-0-471-25684-7 / \$55.00
- Adolescent Psychotherapy Homework Planner, Second Edition.....978-0-471-78537-8 / \$55.00
- Addiction Treatment Homework Planner, Fourth Edition978-0-470-40274-0 / \$55.00
- Brief Employee Assistance Homework Planner978-0-471-38088-7 / \$55.00
- Brief Family Therapy Homework Planner978-0-471-38512-7 / \$55.00
- Grief Counseling Homework Planner.....978-0-471-43318-7 / \$55.00
- Divorce Counseling Homework Planner.....978-0-471-43319-4 / \$55.00
- Group Therapy Homework Planner978-0-471-41822-1 / \$55.00
- School Counseling and School Social Work Homework Planner.....978-0-471-09114-1 / \$55.00
- Adolescent Psychotherapy Homework Planner II978-0-471-27493-3 / \$55.00
- Adult Psychotherapy Homework Planner, Second Edition.....978-0-471-76343-7 / \$55.00
- Parenting Skills Homework Planner978-0-471-48182-9 / \$55.00



Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners.

- The Adult Psychotherapy Progress Notes Planner.....978-0-471-76344-4 / \$55.00
- The Adolescent Psychotherapy Progress Notes Planner978-0-471-78538-5 / \$55.00
- The Severe and Persistent Mental Illness Progress Notes Planner.....978-0-470-18014-3 / \$55.00
- The Child Psychotherapy Progress Notes Planner.....978-0-471-78536-1 / \$55.00
- The Addiction Progress Notes Planner978-0-470-40276-4 / \$55.00
- The Couples Psychotherapy Progress Notes Planner978-0-471-27460-5 / \$55.00
- The Family Therapy Progress Notes Planner.....978-0-471-48443-1 / \$55.00
- The Veterans and Active Duty Military Psychotherapy Progress Notes Planner.....978-0-470-44097-1 / \$55.00



Client Education Handout Planners contain elegantly designed handouts that can be printed out from the enclosed CD-ROM and provide information on a wide range of psychological and emotional disorders and life skills issues. Use as patient literature, handouts at presentations, and aids for promoting your mental health practice.

- Adult Client Education Handout Planner978-0-471-20232-5 / \$55.00
- Child and Adolescent Client Education Handout Planner.....978-0-471-20233-2 / \$55.00
- Couples and Family Client Education Handout Planner.....978-0-471-20234-9 / \$55.00

Name _____

Affiliation _____

Address _____

City/State/Zip _____

Phone/Fax _____

E-mail _____

Check enclosed Visa MasterCard American Express

Card # _____

Expiration Date _____

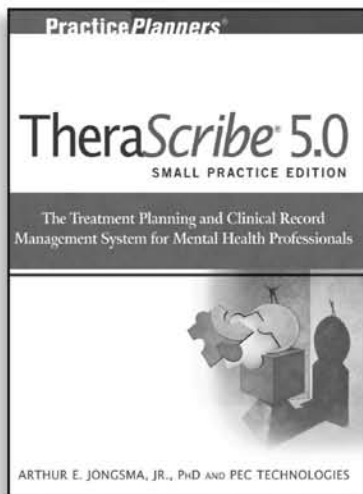
Signature _____

*Add \$5 shipping for first book, \$3 for each additional book. Please add your local sales tax to all orders. Prices subject to change without notice.

- To order by phone in the US: Call toll free 1-877-762-2974
- Online: www.practiceplanners.wiley.com
- Mail this order form to:
John Wiley & Sons, Attn: J. Knott,
111 River Street, Hoboken, NJ 07030



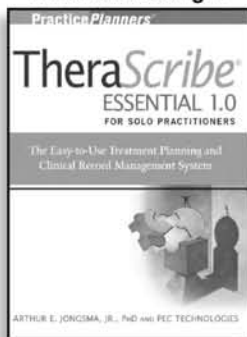
TheraScribe®



For more information or to order:

- Call our TheraScribe® specialists, toll free, at: **1-866-888-5158**
- Visit us on the web at: **www.therascribe.com**

And introducing...



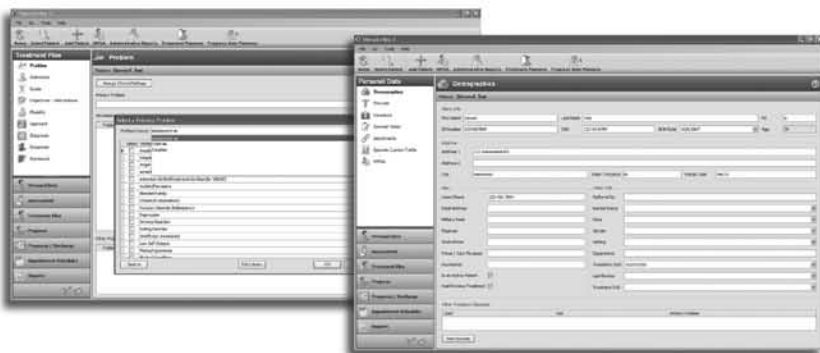
Discover the #1 Selling Treatment Planning System Used by Over 5,000 Mental Health Professionals

Generates treatment plans in less than 15 minutes. Used in thousands of behavioral health care practices and treatment facilities, TheraScribe's® user-friendly, Windows®-based design helps you generate complete and effective treatment plans quickly and easily.

Rich content. TheraScribe® offers you the option to choose from over 20 different client populations and treatment settings. Each treatment planner library features over 1000 pre-written behaviorally based primary and secondary presenting definitions, DSM-IV™ diagnoses, treatment goals, short- and long-term objectives, and interventions.

Meets major accrediting agency standards. TheraScribe® meets the standards of all major accrediting agencies such as NCQA, The Joint Commission, and other federal and state agencies as well as most major third party payors, HMOs and managed care companies.

Easy to learn. Clinically sound, standardized language allows you to quickly and easily create effective treatment plans. You just "point and click" to choose from the built-in set of behavioral definitions, DSM-IV™ diagnoses, goals, objectives, and therapeutic interventions. Web-like navigation combined with clean screen design makes inputting and retrieving client data fast and easy.



Treatment Planner Upgrade to TheraScribe® The behavioral definitions, goals, objectives, and interventions from this *Treatment Planner* can be imported into TheraScribe®. For purchase and pricing information, please send in the coupon below or call 1-866-888-5158 or e-mail us at planners@wiley.com.

For more information about TheraScribe®, fill in this coupon and mail it to: R. Cruitt, John Wiley & Sons, Inc., 10475 Crosspoint Boulevard, Indianapolis, IN 46256 or e-mail us at planners@wiley.com.

- Please send me information on TheraScribe®
- Please send me information on the network version of TheraScribe®

For a free demo, visit us on the web at:
www.therascribe.com

Name _____

Affiliation _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____





WILEY CONTINUING EDUCATION
FOR BEHAVIORAL HEALTH PROFESSIONALS
BOOK-BASED ONLINE LEARNING

Earn Accredited Continuing Education Online and On Time

**NOW YOU CAN EARN CONTINUING EDUCATION CREDITS THROUGH
OUR NEW BOOK-BASED, ONLINE EDUCATION PARTNERSHIP.**

Our publications provide high quality continuing education to meet the licensing renewal needs of busy professionals like yourself. Best of all, you can complete this continuing education when and where you choose! Simply read the book, take the online test associated with the book and as soon as you have passed the test and completed the evaluation, you can print out your CE credit certificate—a valuable benefit for those facing imminent license renewal deadlines.

Clinical book content and the associated assessments meet the requirements of many state licensing boards and national accreditation bodies such as:

- American Psychological Association
- Association of Social Work Boards
- National Board of Certified Counselors
- National Association of Alcohol and Drug Abuse Counselors
- American Nurses Credentialing Center

Topics covered include:

- Addiction and Recovery
- Forensic Psychology
- Psychological Assessment
- School Psychology
- Therapy and Counseling

Each available book has a companion online course that consists of the Learning Objectives, post-test and course evaluation, so you can take them from anywhere you have Internet access. Likewise, you can take these courses at your own pace, any time of the day or night—whenever you have the time.

IT'S EASY TO GET STARTED!
Visit us online today at www.wiley.com/go/ceLearn
to find out how.

 **WILEY**
Now you know.
wiley.com

*Wiley CE is provided through our partnership with Essential Learning.

The Addiction Treatment Planner

PracticePlanners® Series

Treatment Planners

The Complete Adult Psychotherapy Treatment Planner, Fourth Edition
The Child Psychotherapy Treatment Planner, Fourth Edition
The Adolescent Psychotherapy Treatment Planner, Fourth Edition
The Addiction Treatment Planner, Fourth Edition
The Continuum of Care Treatment Planner
The Couples Psychotherapy Treatment Planner
The Employee Assistance Treatment Planner
The Pastoral Counseling Treatment Planner
The Older Adult Psychotherapy Treatment Planner
The Behavioral Medicine Treatment Planner
The Group Therapy Treatment Planner
The Gay and Lesbian Psychotherapy Treatment Planner
The Family Therapy Treatment Planner
The Severe and Persistent Mental Illness Treatment Planner, Second Edition
The Mental Retardation and Developmental Disability Treatment Planner
The Social Work and Human Services Treatment Planner
The Crisis Counseling and Traumatic Events Treatment Planner
The Personality Disorders Treatment Planner
The Rehabilitation Psychology Treatment Planner
The Special Education Treatment Planner
The Juvenile Justice and Residential Care Treatment Planner
The School Counseling and School Social Work Treatment Planner
The Sexual Abuse Victim and Sexual Offender Treatment Planner
The Probation and Parole Treatment Planner
The Psychopharmacology Treatment Planner
The Speech-Language Pathology Treatment Planner
The Suicide and Homicide Treatment Planner
The College Student Counseling Treatment Planner
The Parenting Skills Treatment Planner
The Early Childhood Intervention Treatment Planner
The Co-Occurring Disorders Treatment Planner
The Complete Women's Psychotherapy Treatment Planner
The Veterans and Active Duty Military Psychotherapy Treatment Planner

Progress Notes Planners

The Child Psychotherapy Progress Notes Planner, Third Edition
The Adolescent Psychotherapy Progress Notes Planner, Third Edition
The Adult Psychotherapy Progress Notes Planner, Third Edition
The Addiction Progress Notes Planner, Third Edition
The Severe and Persistent Mental Illness Progress Notes Planner, Second Edition
The Couples Psychotherapy Progress Notes Planner
The Family Therapy Progress Notes Planner
The Veterans and Active Duty Military Psychotherapy Progress Notes Planner,

Homework Planners

Brief Couples Therapy Homework Planner
Brief Family Therapy Homework Planner
Grief Counseling Homework Planner
Group Therapy Homework Planner
Divorce Counseling Homework Planner
School Counseling and School Social Work Homework Planner
Child Therapy Activity and Homework Planner
Addiction Treatment Homework Planner, Fourth Edition
Adolescent Psychotherapy Homework Planner II
Adolescent Psychotherapy Homework Planner, Second Edition
Adult Psychotherapy Homework Planner, Second Edition
Child Psychotherapy Homework Planner, Second Edition
Parenting Skills Homework Planner

Client Education Handout Planners

Adult Client Education Handout Planner
Child and Adolescent Client Education Handout Planner
Couples and Family Client Education Handout Planner

Complete Planners

The Complete Depression Treatment and Homework Planner
The Complete Anxiety Treatment and Homework Planner

PracticePlanners®

The Addiction Treatment
Planner,
Fourth Edition

Robert R. Perkinson

Arthur E. Jongsma, Jr.

Timothy J. Bruce, Contributing Editor



WILEY

JOHN WILEY & SONS, INC.

This book is printed on acid-free paper. ©

Copyright © 2009 by Robert R. Perkinson and Arthur E. Jongsma, Jr. All rights reserved.

Published by John Wiley & Sons, Inc., Hoboken, New Jersey.

Published simultaneously in Canada.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, Inc., 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600, or on the web at www.copyright.com. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering professional services. If legal, accounting, medical, psychological or any other expert assistance is required, the services of a competent professional person should be sought.

Designations used by companies to distinguish their products are often claimed as trademarks. In all instances where John Wiley & Sons, Inc. is aware of a claim, the product names appear in initial capital or all capital letters. Readers, however, should contact the appropriate companies for more complete information regarding trademarks and registration.

For general information on our other products and services please contact our Customer Care Department within the U.S. at (800) 762-2974, outside the United States at (317) 572-3993 or fax (317) 572-4002.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books. For more information about Wiley products, visit our website at www.wiley.com.

Library of Congress Cataloging-in-Publication Data:

Perkinson, Robert R.

The addiction treatment planner / by Robert R. Perkinson, Arthur E. Jongsma, Jr.; Timothy J. Bruce, contributing editor. — 4th ed.

p. cm.

Includes bibliographical references and index.

ISBN 978-0-470-40551-2 (pbk.)

1. Substance abuse—Treatment—Handbooks, manuals, etc. 2. Substance abuse—Treatment—Planning—Handbooks, manuals, etc. I. Jongsma, Arthur E., 1943- II. Title.

RC564.15.P47 2009

362.29—dc22

2008046996

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

To Helen Kramer, who has been a dedicated, tireless, behind-the-scenes warrior
for disenfranchised folks struggling with mental illness and addictions.

—A.E.J.

To Shane, Nyshie, and Robert, three of the world-changing best.

—R.R.P.

To all of those who struggle with addiction, and those who dedicate their lives in
service to them.

—T.J.B.

CONTENTS

Contents Listed by ASAM Assessment Dimensions	xiii
PracticePlanners® Series Preface	xv
Introduction	1
Sample Treatment Plan	9
Adult-Child-of-an-Alcoholic (ACOA)	
Traits (Dimension 3)	14
Anger (Dimension 3) ^{EB} ▼	23
Antisocial Behavior (Dimension 3)	32
Anxiety (Dimension 3) ^{EB} ▼	39
Attention-Deficit/Hyperactivity Disorder (ADHD)	
– Adolescent (Dimension 3)	49
Attention-Deficit/Hyperactivity Disorder (ADHD)	
– Adult (Dimension 3)	58
Attention-Deficit/Inattentive Disorder (ADD)	67
Borderline Traits (Dimension 3) ^{EB} ▼	74
Childhood Trauma (Dimension 3)	84
Chronic Pain (Dimension 2) ^{EB} ▼	94
Conduct Disorder/Delinquency (Dimension 3) ^{EB} ▼	103
Dangerousness/Lethality (Dimension 3)	114
Dependent Traits (Dimension 3)	121
Depression (Dimension 3) ^{EB} ▼	129
Eating Disorders (Dimension 3) ^{EB} ▼	138
Family Conflicts (Dimension 3) ^{EB} ▼	147
Gambling (Dimension 3) ^{EB} ▼	157
Grief/Loss Unresolved (Dimension 3)	166
Impulsivity (Dimension 3)	174
Legal Problems (Dimension 3)	181
Living Environment Deficiency (Dimension 6)	187
Mania/Hypomania (Dimension 3)	193
Medical Issues (Dimension 2)	202

^{EB}▼ indicates that selected Objective/Intervention is consistent with those found in evidence-based treatments.

xii CONTENTS

Narcissistic Traits (Dimension 3)	208
Nicotine Abuse/Dependence (Dimension 1) ^{EB} ▽	215
Occupational Problems (Dimension 6) ^{EB} ▽	223
Opioid Dependence (Dimension 1) ^{EB} ▽	230
Oppositional Defiant Behavior (Dimension 3) ^{EB} ▽	240
Parent-Child Relational Problem (Dimension 6) ^{EB} ▽	250
Partner Relational Conflicts (Dimension 6) ^{EB} ▽	258
Peer Group Negativity (Dimension 6)	266
Posttraumatic Stress Disorder (PTSD; Dimension 3) ^{EB} ▽	272
Psychosis (Dimension 3) ^{EB} ▽	281
Relapse Proneness (Dimension 5) ^{EB} ▽	290
Self-Care Deficits—Primary (Dimension 3)	299
Self-Care Deficits—Secondary (Dimension 3)	307
Sexual Promiscuity (Dimension 3)	316
Social Anxiety/Skills Deficit (Dimension 3) ^{EB} ▽	323
Spiritual Confusion (Dimension 3)	333
Substance Abuse/Dependence (Dimension 1) ^{EB} ▽	339
Substance-Induced Disorders (Dimension 1)	351
Substance Intoxication/Withdrawal (Dimension 1)	356
Suicidal Ideation (Dimension 3) ^{EB} ▽	362
Treatment Resistance (Dimension 4)	369
Appendix A: Bibliotherapy Suggestions	375
Appendix B: Selected Professional References for Evidence-Based Chapters	397
Appendix C: Index of <i>DSM-IV-TR</i> Codes Associated with Presenting Problems	419
Appendix D: Client Satisfaction Surveys: Resource Material	427
Appendix E: ASAM Six Assessment Dimensions: A Checklist Example	428

CONTENTS LISTED BY ASAM ASSESSMENT DIMENSIONS

Dimension One: Acute Intoxication and/or Withdrawal Potential	
Nicotine Abuse/Dependence	215
Opioid Dependence	230
Substance Abuse/Dependence	339
Substance-Induced Disorders	351
Substance Intoxication/Withdrawal	356
Dimension Two: Biomedical Conditions and Complications	
Chronic Pain	94
Medical Issues	202
Dimension Three: Emotional, Behavioral, or Cognitive Conditions and Complications	
Adult-Child-of-an-Alcoholic (ACOA) Traits	14
Anger	23
Antisocial Behavior	32
Anxiety	39
Attention-Deficit/Hyperactivity Disorder (ADHD) – Adolescent	49
Attention-Deficit/Hyperactivity Disorder (ADHD) – Adult	58
Attention-Deficit/Inattentive Disorder (ADD)	67
Borderline Traits	74
Childhood Trauma	84
Conduct Disorder/Delinquency	103
Dangerousness/Lethality	114
Dependent Traits	121
Depression	129
Eating Disorders	138
Family Conflicts	147
Gambling	157

Grief/Loss Unresolved	166
Impulsivity	174
Legal Problems	181
Mania/Hypomania	193
Narcissistic Traits	208
Oppositional Defiant Behavior	240
Posttraumatic Stress Disorder (PTSD)	272
Psychosis	281
Self-Care Deficits – Primary	299
Self-Care Deficits – Secondary	307
Sexual Promiscuity	316
Social Anxiety/Skills Deficit	323
Spiritual Confusion	333
Suicidal Ideation	362
Dimension Four: Readiness to Change	
Treatment Resistance	369
Dimension Five: Relapse, Continued Use or Continued Problem Potential	
Relapse Proneness	290
Dimension Six: Recovery/Living Environment	
Living Environment Deficiency	187
Occupational Problems	223
Parent-Child Relational Problem	250
Partner Relational Conflicts	258
Peer Group Negativity	266

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 and software 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 fourth editions, but also *Treatment Planners* targeted to specialty areas of practice, including:

- Addictions
- Behavioral medicine
- College students
- Co-occurring disorders
- 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
- Neuropsychology
- Older adults
- Parenting skills
- Pastoral counseling
- Personality disorders
- Probation and parole
- Psychopharmacology
- Rehabilitation psychology
- School counseling

- Severe and persistent mental illness
- Sexual abuse victims and offenders
- Social work and human services
- Special education
- Speech-Language pathology
- Suicide and homicide risk assessment
- Veterans and Active Duty Military
- 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, chemical dependence, anger management, 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:

- **TheraScribe®**, the #1 selling treatment planning and clinical record-keeping software system for mental health professionals. TheraScribe® allows the user to import the data from any of the *Treatment Planner*, *Progress Notes Planner*, or *Homework Planner* books into the software's expandable database to simply point and click to create a detailed, organized, individualized, and customized treatment plan along with optional integrated progress notes and homework assignments.

Adjunctive books, such as *The Psychotherapy Documentation Primer* and *The Clinical Documentation Sourcebook*, contain 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

INTRODUCTION

ABOUT PRACTICEPLANNERS® TREATMENT PLANNERS

Pressure from third-party payors, 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 payors 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 *PracticePlanners*® 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.

ABOUT THE ADDICTION TREATMENT PLANNER

The *Addiction Treatment Planner* has been written for individual, group, and family counselors and psychotherapists who are working with adults who are struggling with addictions to mood-altering chemicals, gambling, abusive eating, nicotine, or sexual promiscuity. The problem list of chapter titles reflects those addictive behaviors and the emotional, behavioral, interpersonal, social, personality, legal, medical, and vocational issues associated with those addictions. Whereas the focus of the original *Chemical Dependence Treatment Planner* was limited exclusively to substance abuse and its associated problems,

2 THE ADDICTION TREATMENT PLANNER

the focus of later editions has been expanded to include other common addictive behaviors. The original problem chapters have been altered slightly from the first edition to be more generic in their language so as to include these other addictions.

This fourth edition has added chapters for Conduct Disorder and Adult Attention-Deficit/Hyperactivity Disorder (Adult ADHD). The Conduct Disorder chapter is relevant to late childhood and adolescent clients showing problem behaviors consistent with this diagnosis such as aggression, lying, and impulsivity. It includes short-term objectives and treatment intervention options consistent with identified empirically supported treatments for conduct problems such as parent training, assertiveness training, and anger control training with stress inoculation (for more information see the website of the Society of Clinical Child and Adolescent Psychology, Division 53 of the American Psychological Association at <http://sccap.tamu.edu/EST/>). The Adult ADHD chapter has been added to capture this increasingly frequent presenting problem, and includes short-term objectives and treatment intervention options consistent with the cognitive behavior treatment approach that has received empirical support (e.g., Safren, Otto, Sprich, Winett, Wilens, & Biederman, 2005).

This edition of the *Addiction Treatment Planner* continues to give special attention to the Patient Placement Criteria (PPC) developed by the American Society of Addiction Medicine (ASAM). In the Contents table we have listed our presenting problem chapters under each of the six assessment dimensions:

Dimension One: Acute intoxication and/or withdrawal potential

Dimension Two: Biomedical conditions and complications

Dimension Three: Emotional, behavioral, or cognitive conditions and complications

Dimension Four: Readiness to change

Dimension Five: Relapse, continued use, or continued problem potential

Dimension Six: Recovery/Living environment

The *Addiction Treatment Planner* has treatment planning content applicable to problems discovered in all of the six assessment dimensions.

Also included (Appendix E) is a form that can be used to assess the client under the six ASAM dimensions. The checklist provides material for efficient evaluation of the client on each of the six dimensions. This form has been developed and is utilized by the staff at Keystone Treatment Center, Canton, South Dakota, where Dr. Perkinson is the Clinical Director. It is not copyrighted and may be used or adopted for use by our readers.

Interventions can be found in each chapter that reflect a 12-step recovery program approach, but you will also find interventions based on a broader psychological and pharmacological model. Because addiction treatment is often done in a residential setting through a team approach, interventions have been created that can be assigned to staff members of various disciplines and modalities: nursing, medical, group counseling, family therapy, or individual

4 THE ADDICTION TREATMENT PLANNER

which has been well established as an empirically supported treatment for depression. Beyond references to the empirical studies supporting these interventions, we have provided references to therapist- and client-oriented books and treatment manuals that describe the use of identified EBPs or treatments consistent with their objectives and interventions. Of course, recognizing that there are STOs and TIs that practicing clinicians have found useful but that have not yet received empirical scrutiny, we have included those that reflect common best practice among experienced clinicians. The goal is to provide a range of treatment plan options, some studied empirically, others reflecting common clinical practice, so the user can construct what they believe to be the best plan for a particular client.

In chapters containing EBP material, the material, in most cases, has been placed after STOs and TIs addressing the substance-related or other addictive problems that may be present. The current emphasis on co-occurring disorders encourages clinicians to treat substance use disorders and mental illness problems simultaneously. An exception to this sequencing is when therapeutic issues related to establishing the safety of the client or others take precedence. In addition, some EBP-related STOs and TIs reflect core components of the EBP approach that are always delivered (e.g., exposure to feared objects and situations for phobic disorders; behavioral activation for depression). Others reflect adjuncts to treatment that may or may not be used all the time (e.g., social and other communication skills, stress management skills). For the EBPs that are more programmatic in nature, such as supported employment, STOs and TIs typically refer the client to these programs. Most of the STOs and TIs associated with the EBPs are described at a level of detail that permits flexibility and adaptability in their specific application. As with all *Planners* in this series, each chapter includes the option to add STOs and TIs at the therapist's discretion.

Criteria for Inclusion of Evidence-Based Therapies

The EBPs from which STOs and TIs were taken have different levels of empirical evidence supporting them. For example, some have been well established as efficacious for the problems that they target (e.g., exposure-based therapies for anxiety disorders). Others have less support, but nonetheless have demonstrated efficacy. We have included EBPs, the empirical support for which has either been well established or demonstrated at more than a preliminary level, as defined by those authors who have undertaken the task of identifying them, such as the APA Division 12 (Society of Clinical Psychology), the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices, Drake and colleagues (2003, 2005), Chambless and colleagues (1996, 1998), and Nathan and Gorman (2007).

At minimum, efficacy needed to be demonstrated through a clinical trial or large clinical replication series with features reflecting good experimental design (e.g., random assignment, blind assignments, reliable and valid measurement,

clear inclusion and exclusion criteria, state-of-the-art diagnostic methods, and adequate sample size or replications). Well established EBPs typically have more than one of these types of studies demonstrating their efficacy, as well as other desirable features such as demonstration of efficacy by independent research groups and specification of client characteristics for which the treatment was effective.

Lastly, all interventions, empirically supported or not, must be adapted to the particular client in light of his/her personal circumstances, cultural identity, strengths, and vulnerabilities. The STOs and TIs included in this *Planner* are written in a manner to suggest and allow this adaptability.

Summary of Required and Preferred SPMI EBT Inclusion Criteria

Required

- Demonstration of efficacy through at least one randomized controlled trial with good experimental design, or
- Demonstration of efficacy through a large, well-designed clinical replication series.

Preferred

- Efficacy has been shown by more than one study.
- Efficacy has been demonstrated by independent research groups.
- Client characteristics for which the treatment was effective were specified.
- A clear description of the treatment was available.

HOW TO USE THIS TREATMENT PLANNER

Use this *Treatment Planner* to write treatment plans according to the following progression of six steps:

1. **Problem Selection.** Although the client may discuss a variety of issues during the assessment, the clinician must determine the most significant problems on which to focus the treatment process. Usually a primary problem will surface, and secondary problems may also be evident. Some other problems may have to be set aside as not urgent enough to require treatment at this time. An effective treatment plan can only deal with a few selected problems or treatment will lose its direction. Choose the problem within this *Planner* which most accurately represents your client's presenting issues.
2. **Problem Definition.** Each client presents with unique nuances as to how a problem behaviorally reveals itself in his or her life. Therefore, each problem

6 THE ADDICTION TREATMENT PLANNER

that is selected for treatment focus requires a specific definition about how it is evidenced in the particular client. The symptom pattern should be associated with diagnostic criteria and codes such as those found in the *DSM-IV-TR* or the *International Classification of Diseases*. This *Planner* offers such behaviorally specific definition statements to choose from or to serve as a model for your own personally crafted statements.

3. **Goal Development.** The next step in developing your treatment plan is to set broad goals for the resolution of the target problem. These statements need not be crafted in measurable terms but can be global, long-term goals that indicate a desired positive outcome to the treatment procedures. This *Planner* provides several possible goal statements for each problem, but one statement is all that is required in a treatment plan.
4. **Objective Construction.** In contrast to long-term goals, objectives must be stated in behaviorally measurable language so that it is clear to review agencies, health maintenance organizations, and managed care organizations when the client has achieved the established objectives. The objectives presented in this *Planner* are designed to meet this demand for accountability. Numerous alternatives are presented to allow construction of a variety of treatment plan possibilities for the same presenting problem.
5. **Intervention Creation.** Interventions are the actions of the clinician designed to help the client complete the objectives. There should be at least one intervention for every objective. If the client does not accomplish the objective after the initial intervention, new interventions should be added to the plan. Interventions should be selected on the basis of the client's needs and the treatment provider's full therapeutic repertoire. This *Planner* contains interventions from a broad range of therapeutic approaches, and we encourage the provider to write other interventions reflecting his or her own training and experience.

Some suggested interventions listed in the *Planner* refer to specific books that can be assigned to the client for adjunctive bibliotherapy. Appendix A contains a full bibliographic reference list of these materials. Many references to homework interventions are found in each chapter; The sources for these assignments can be found in the books listed in the General References at the beginning of Appendix A. For further information about self-help books, mental health professionals may wish to consult *The Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition* (2003) by Norcross et al. (available from The Guilford Press, New York).

6. **Diagnosis Determination.** The determination of an appropriate diagnosis is based on an evaluation of the client's complete clinical presentation. The clinician must compare the behavioral, cognitive, emotional, and interpersonal symptoms that the client presents with the criteria for diagnosis of a mental illness condition as described in *DSM-IV-TR*. Despite arguments made against diagnosing clients in this manner, diagnosis is a reality that exists in the world of mental health care, and it is a necessity for third-party

therapy. We hope that we have provided a broad, eclectic menu of objectives and interventions from which you can select to meet your client's unique needs. Hopefully, we have also provided a stimulus for you to create new objectives and interventions from your own clinical experience that have proven to be helpful to addictive clients.

INCORPORATING EVIDENCE-BASED TREATMENT INTO THE TREATMENT PLANNER

Evidence-based or empirically supported treatment (that is, treatment that has shown efficacy in research trials) is rapidly becoming of critical importance to the mental health community as the demand for quality and accountability increase. Indeed, identified empirically supported treatments (e.g., those of the APA Division 12 [Society of Clinical Psychology], the Substance Abuse and Mental Health Services Administration's [SAMHSA] National Registry of Evidence-based Programs and Practices [NREPP] are being referenced by a number of local, state, and federal funding agencies, some of which are beginning to restrict reimbursement to these treatments, as are some managed care and insurance companies.

In this fourth edition of *The Addiction Treatment Planner*, we have made an effort to empirically inform some chapters by highlighting Short-term Objectives (STOs) and Therapeutic Interventions (TIs) that are consistent with psychological treatments or therapeutic programs that have demonstrated some level of efficacy through empirical study. Watch for this icon [▽] as an indication that an Objective/Intervention is consistent with those found in evidence-based treatments.

References to the empirical work supporting these interventions have been included in the reference section as Appendix B. For information related to the identification of evidence-based practices (EBPs), including the benefits and limitations of the effort, we suggest the APA Presidential Task Force on Evidence-Based Practice (2006); Bruce and Sanderson (2005); Chambless et al. (1996, 1998); Chambless and Ollendick (2001); Castonguay and Beutler (2006); Drake, Merrens, and Lynde (2005); Hofmann and Tompson (2002); Nathan and Gorman (2007); Stout and Hayes (2005); the NREPP at <http://nrepp.samhsa.gov/index.asp>.

In this *Planner*, we have included STOs and TIs consistent with identified EBPs for substance-related and mental disorders commonly seen by practitioners in substance use disorder treatment centers. It is important to note that the empirical support for the EBP material found in each chapter has not necessarily been established for clients with co-occurring substance and mental disorders, but rather is particular to the problem identified in the chapter title. For example, the STOs and TIs consistent with Cognitive Therapy for Depression that can be found in the chapter entitled "Depression" are based on this treatment approach,

reimbursement. It is the clinician's thorough knowledge of *DSM-IV-TR* criteria and a complete understanding of the client assessment data that contribute to the most reliable, valid diagnosis.

Congratulations! After completing these six steps, you should have a comprehensive and individualized treatment plan ready for immediate implementation and presentation to the client. A sample treatment plan for substance abuse-dependence is provided at the end of this introduction.

A FINAL NOTE ON TAILORING THE TREATMENT PLAN TO THE CLIENT

One important aspect of effective treatment planning is that each plan should be tailored to the individual client's problems and needs. Treatment plans should not be mass-produced, even if clients have similar problems. The individual's strengths and weaknesses, unique stressors, social network, family circumstances, and symptom patterns *must* be considered in developing a treatment strategy. Drawing upon our own years of clinical experience, we have put together a variety of treatment choices. These choices can be combined in thousands of permutations to develop detailed treatment plans. Relying on their own good judgment, clinicians can easily select the statements that are appropriate for the individuals whom they are treating. In addition, we encourage readers to add their own definitions, goals, objectives, and interventions to the existing samples. As with all of the books in the *Treatment Planners* series, it is our hope that this book will help promote effective, creative treatment planning – a process that will ultimately benefit the client, clinicians, and mental health community.

REFERENCES

- APA Presidential Task Force on Evidence-Based Practice. (2006). Evidence-based practice in psychology. *American Psychologist*, *61*, 271–285.
- Bruce, T. J., & Sanderson, W. C. (2005). Evidence-based psychosocial practices: Past, present, and future. In C. Stout and R. Hayes (Eds.), *The handbook of evidence-based practice in behavioral healthcare: Applications and new directions*. New York: John Wiley & Sons, Inc.
- Castonguay, L. G., & Beutler, L. E. (2006). *Principles of therapeutic change that work*. New York: Oxford University Press.
- Chambless, D. L., Baker, M. J., Baucom, D., Beutler, L. E., Calhoun, K. S., Crits-Christoph, P., Daiuto, A., DeRubeis, R., Detweiler, J., Haaga, D. A. F., Johnson, S. B., McCurry, S., Mueser, K. T., Pope, K. S., Sanderson, W. C., Shoham, V., Stickle, T., Williams, D. A., & Woody, S. R. (1998). Update on empirically validated therapies: II. *The Clinical Psychologist*, *51*(1), 3–16.

8 THE ADDICTION TREATMENT PLANNER

- Chambless, D. L., & Ollendick, T. H. (2001). Empirically supported psychological interventions: Controversies and evidence. *Annual Review of Psychology*, *52*, 685–716.
- Chambless, D. L., Sanderson, W. C., Shoham, V., Johnson, S. B., Pope, K. S., Crits-Christoph, P., Baker, M., Johnson, B., Woody, S. R., Sue, S., Beutler, L., Williams, D. A., & McCurry, S. (1996). An update on empirically validated therapies. *The Clinical Psychologist*, *49*(2), 5–18.
- Drake, R. E., & Goldman, H. (2003). *Evidence-based practices in mental health care*. Washington, D.C.: American Psychiatric Association.
- Drake, R. E., Merrens, M. R., & Lynde, D. W. (2005). *Evidence-based mental health practice: A textbook*. New York: W.W. Norton & Company.
- Hofmann, S. G., & Tompson, M. G. (2002). *Treating chronic and severe mental disorders: A handbook of empirically supported interventions*. New York: Guilford Press.
- Nathan, P. E., & Gorman, J. M. (Eds.). (2007). *A guide to treatments that work* (Vol. III). New York: Oxford University Press.
- Safren, S. A., Otto, M. W., Sprich, S., Winett, C. L., Wilens, T. E., & Biederman, J. (2005). Cognitive-behavioral therapy for ADHD in medication-treated adults with continued symptoms. *Behaviour Research and Therapy*, *43*(7), 831–842.
- Stout, C., & Hayes, R. (1995). *The handbook of evidence-based practice in behavioral healthcare: Applications and new directions*. New York: John Wiley & Sons, Inc.
- Substance Abuse and Mental Health Administration (SAMHSA). National Registry of Evidence-based Programs and Practices (NREPP) at <http://nrepp.samhsa.gov/index.asp>.

SAMPLE TREATMENT PLAN

PRIMARY PROBLEM: SUBSTANCE ABUSE/DEPENDENCE

- Definitions:** Demonstrates a maladaptive pattern of substance use, manifested by increased tolerance and withdrawal.
Fails to stop or cut down use of mood-altering drug once started, despite the verbalized desire to do so and the negative consequences continued use brings.
Denies that chemical dependence is a problem despite feedback from significant others that the use of the substance is negatively affecting them and others.
Experiences frequent blackouts when using.
Continues substance use despite knowledge of experiencing persistent physical, legal, financial, vocational, social, and/or relationship problems that are directly caused by the use of the substance.
Reports suspension of important social, recreational, or occupational activities because they interfere with using.
- Goals:** Accept the powerlessness and unmanageability over mood altering substances, and participate in a recovery based program.
Establish and maintain total abstinence, while increasing knowledge of the disease and the process of recovery.

OBJECTIVES

1. Cooperate with medical assessment and an evaluation of the necessity for pharmacological intervention.

INTERVENTIONS

1. Refer the client to a physician to perform a physical examination (include tests for HIV, hepatitis, and sexually transmitted diseases), assess the need for psychotropic medication for any mental/emotional comorbidities, and discuss the use of acamprosate (Campral), naltrexone (Revia, Vivitrol), or disulfiram (Antabuse) where applicable.
2. Refer the client to a pharmacology-based treatment/recovery program (e.g., acamprosate, naltrexone), where applicable.

10 THE ADDICTION TREATMENT PLANNER

2. Take prescribed medications as directed by the physician.
 3. Provide honest and complete information for a chemical dependence biopsychosocial history.
 4. Attend didactic sessions and read assigned material in order to increase knowledge of addiction and the process of recovery.
 5. List and discuss negative consequences resulting from or exacerbated by substance dependence.
1. Physician will monitor the effectiveness and side effects of medication, titrating as necessary.
 2. Staff will administer prescribed medications and monitor for effectiveness and side effects.
 1. Complete a thorough family and personal biopsychosocial history that has a focus on addiction (e.g., family history of addiction and treatment, other substances used, progression of substance abuse, consequences of abuse).
 1. Assign the client to attend a chemical dependence didactic series to increase his/her knowledge of the patterns and effects of chemical dependence; ask him/her to identify several key points attained from each didactic and process these points with the therapist.
 2. Assign the client to read a workbook describing evidence-based treatment approaches to addiction recovery (e.g., *Overcoming Your Alcohol or Drug Problem*, 2nd ed. by Daley and Marlatt); use the readings to reinforce key concepts and practices throughout therapy.
 3. Assign the client to read material on addiction (e.g., *Willpower's Not Enough* by Washton, *The Addiction Workbook* by Fanning, or *Alcoholics Anonymous*); process key points gained from the reading.
 1. Ask the client to make a list of the ways chemical use has negatively impacted his/her life (or assign "Substance Abuse Negative Impact Versus Sobriety's Positive Impact" in the *Adult Psychotherapy*