Adolescent Psychotherapy Homework Planner

- Contains 146 ready-to-copy homework assignments that can be used to facilitate brief adolescent therapy
- Homework assignments and exercises are keyed to the behaviorally based presenting problems from The Adolescent Psychotherapy Treatment Planner, Fifth Edition
- Assignments may be quickly customized using the enclosed CD-ROM

ARTHUR E. JONGSMA, JR., L. MARK PETERSON, WILLIAM P. MCINNIS

WILEY
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™ diagnoses.

- The Complete Adult Psychotherapy Treatment Planner, Fifth Edition* ........... 978-1-118-0678-6 / $55.00
- The Child Psychotherapy Treatment Planner, Fifth Edition* ......................... 978-1-118-0678-5 / $55.00
- The Adolescent Psychotherapy Treatment Planner, Fifth Edition* ........... 978-1-118-0678-4 / $55.00
- The Addiction Treatment Planner, Fifth Edition* ............................................. 978-1-118-4147-5 / $55.00
- The Couples Psychotherapy Treatment Planner, Second Edition ................. 978-0-470-40696-3 / $55.00
- The Group Therapy Treatment Planner, Second Edition ......................... 978-0-471-66791-9 / $55.00
- The Family Therapy Treatment Planner, Second Edition ......................... 978-0-470-44193-0 / $55.00
- The Older Adult Psychotherapy Treatment Planner, Second Edition ........... 978-0-470-55117-2 / $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, Second Edition .......................... 978-1-118-05701-8 / $55.00
- The Social Work and Human Services Treatment Planner ......................... 978-0-471-37741-2 / $55.00
- The Continuum of Care Treatment Planner .................................................. 978-0-471-19668-9 / $55.00
- The Behavioral Medicine Treatment Planner .............................................. 978-0-471-31923-8 / $55.00
- The Mental Retardation and Developmental Disability Treatment Planner ... 978-0-471-38253-3 / $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 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 ................ 978-0-471-21979-5 / $55.00
- The Complete Women’s Psychotherapy Treatment Planner ...................... 978-0-470-03983-3 / $55.00
- The Veterans and Active Duty Military Psychotherapy Treatment Planner .... 978-0-470-44098-8 / $55.00

*Updated to DSM-5*

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 / $50.00
- The Complete Anxiety Treatment and Homework Planner ........................ 978-0-471-64548-1 / $50.00

Over 500,000 PracticePlanners® sold...

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

- Couples Therapy Homework Planner, Second Edition .............................................. $98.0-470-52266-0 / $55.00
- Child Psychotherapy Homework Planner, Fifth Edition* .............................................. $98.0-118-07674-3 / $55.00
- Child Therapy Activity and Homework Planner ................................................................. $98.0-471-25884-7 / $55.00
- Adolescent Psychotherapy Homework Planner, Fifth Edition* ..................................... $98.0-118-07673-6 / $55.00
- Addiction Treatment Homework Planner, Fifth Edition* .............................................. $98.0-118-96059-4 / $55.00
- Family Therapy Homework Planner, Second Edition .............................................. $98.0-470-50439-5 / $55.00
- Grief Counseling Homework Planner ........................................................................... $98.0-471-43318-7 / $55.00
- Group Therapy Homework Planner .............................................................................. $98.0-471-41822-1 / $55.00
- School Counseling and School Social Work Homework Planner, Second Edition .............. $98.0-118-41038-7 / $55.00
- Adolescent Psychotherapy Homework Planner II .......................................................... $98.0-471-27493-3 / $55.00
- Adult Psychotherapy Homework Planner, Fifth Edition* .............................................. $98.0-118-07672-9 / $55.00
- Parenting Skills Homework Planner ............................................................................. $98.0-471-48182-9 / $55.00
- Veterans and Active Duty Military Psychotherapy Homework Planner ............................. $98.0-470-89052-3 / $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 ......................................................... $98.0-118-06675-1 / $55.00
- The Adolescent Psychotherapy Progress Notes Planner* .............................................. $98.0-118-06676-8 / $55.00
- The Severe and Persistent Mental Illness Progress Notes Planner .................................. $98.0-470-18014-3 / $55.00
- The Child Psychotherapy Progress Notes Planner ......................................................... $98.0-118-06677-5 / $55.00
- The Addiction Progress Notes Planner* .......................................................................... $98.0-118-04296-6 / $55.00
- The Couples Psychotherapy Progress Notes Planner ....................................................... $98.0-470-93891-7 / $55.00
- The Family Therapy Progress Notes Planner ................................................................. $98.0-470-44884-7 / $55.00
- The Veterans and Active Duty Military Psychotherapy Progress Notes Planner ............... $98.0-470-44097-1 / $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 Planner ....................................................................... $98.0-471-20232-5 / $55.00
- Child and Adolescent Client Education Handout Planner ............................................... $98.0-471-20233-2 / $55.00
- Couples and Family Client Education Handout Planner .................................................. $98.0-471-20234-9 / $55.00

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

Wiley
Adolescent Psychotherapy
Homework Planner
Fifth Edition
PracticePlanners® Series

Treatment Planners
The Complete Adult Psychotherapy Treatment Planner, Fifth Edition
The Child Psychotherapy Treatment Planner, Fifth Edition
The Adolescent Psychotherapy Treatment Planner, Fifth Edition
The Addiction Treatment Planner, Fifth Edition
The Continuum of Care Treatment Planner
The Couples Psychotherapy Treatment Planner, Second Edition
The Employee Assistance Treatment Planner
The Pastoral Counseling Treatment Planner
The Older Adult Psychotherapy Treatment Planner, Second Edition
The Behavioral Medicine Treatment Planner
The Group Therapy Treatment Planner
The Gay and Lesbian Psychotherapy Treatment Planner
The Family Therapy Treatment Planner, Second Edition
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 Treatments Planner, Second Edition
The Personality Disorders Treatments 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, Second Edition
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, Fifth Edition
The Adolescent Psychotherapy Progress Notes Planner, Fifth Edition
The Adult Psychotherapy Progress Notes Planner, Fifth Edition
The Addiction Progress Notes Planner, Fifth Edition
The Severe and Persistent Mental Illness Progress Notes Planner, Second Edition
The Couples Psychotherapy Progress Notes Planner, Second Edition
The Family Therapy Progress Notes Planner, Second Edition
The Veterans and Active Duty Military Psychotherapy Progress Notes Planner

Homework Planners
Couples Therapy Homework Planner, Second Edition
Family Therapy Homework Planner, Second Edition
Grief Counseling Homework Planner
Group Therapy Homework Planner
Divorce Counseling Homework Planner
School Counseling and School Social Work Homework Planner, Second Edition
Child Therapy Activity and Homework Planner
Addiction Treatment Homework Planner, Fifth Edition
Adolescent Psychotherapy Homework Planner, Fifth Edition
Adult Psychotherapy Homework Planner, Fifth Edition
Child Psychotherapy Homework Planner, Fifth Edition
Parenting Skills Homework Planner
Veterans and Active Duty Military Psychotherapy 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
This book is dedicated to our mothers and mothers-in-law:

Phyllis McInnis
Joan Wieringa
Harmina Doot
Evelyn Landis
Dorothy Peterson

We recognize and appreciate the love, support, and guidance they have provided through our adolescence and into our adulthood.
# CONTENTS

| PracticePlanners® Series Preface | xvii |
| Acknowledgments | xix |
| Introduction | 1 |

## SECTION 1: Academic Underachievement
- Exercise 1.A  Attitudes About Homework  5
- Exercise 1.B  Break It Down Into Small Steps  11
- Exercise 1.C  Good Grade/Bad Grade Incident Reports  15

## SECTION 2: Adoption
- Exercise 2.A  Beginning a Search for Birth Parents  19
- Exercise 2.B  Considering a Search for Birth Parents  22
- Exercise 2.C  My Child’s Search for Birth Parents  26
- Exercise 2.D  Questions and Concerns Around Being Adopted  29
- Exercise 2.E  Some Things I’d Like You to Know …  31

## SECTION 3: Anger Control Problems
- Exercise 3.A  Anger Checklist  35
- Exercise 3.B  Anger Control  38
- Exercise 3.C  Stop Yelling  44

## SECTION 4: Anxiety
- Exercise 4.A  Finding and Losing Your Anxiety  47
- Exercise 4.B  Progressive Muscle Relaxation  50
- Exercise 4.C  Tools for Anxiety  54
- Exercise 4.D  What Makes Me Anxious  57
- Exercise 4.E  Worry Time  61

## SECTION 5: Attention-Deficit/Hyperactivity Disorder (ADHD)
- Exercise 5.A  Channel Your Energy in a Positive Direction  64
- Exercise 5.B  Evaluating Medication Effects  68
<table>
<thead>
<tr>
<th>SECTION 11: Eating Disorder</th>
<th>151</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise 11.A    Body Image</td>
<td>152</td>
</tr>
<tr>
<td>Exercise 11.B    Fears Beneath the Eating Disorder</td>
<td>155</td>
</tr>
<tr>
<td>Exercise 11.C    Plan and Eat a Meal</td>
<td>159</td>
</tr>
<tr>
<td>Exercise 11.D    Reality: Food Intake, Weight, Thoughts, and Feelings</td>
<td>162</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SECTION 12: Grief/Loss Unresolved</th>
<th>167</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise 12.A   Create a Memory Album</td>
<td>168</td>
</tr>
<tr>
<td>Exercise 12.B   Grief Letter</td>
<td>170</td>
</tr>
<tr>
<td>Exercise 12.C   Honoring the Anniversary of the Loss</td>
<td>174</td>
</tr>
<tr>
<td>Exercise 12.D   Memorial Collage</td>
<td>176</td>
</tr>
<tr>
<td>Exercise 12.E   Moving Closer to Resolution</td>
<td>178</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SECTION 13: Intellectual Development Disorder</th>
<th>181</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise 13.A   Activities of Daily Living Program</td>
<td>182</td>
</tr>
<tr>
<td>Exercise 13.B   A Sense of Belonging</td>
<td>188</td>
</tr>
<tr>
<td>Exercise 13.C   Hopes and Dreams for Your Child</td>
<td>192</td>
</tr>
<tr>
<td>Exercise 13.D   Supportive Services for Your Child</td>
<td>195</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SECTION 14: Low Self-Esteem</th>
<th>198</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise 14.A   Maintaining Your Self-Esteem</td>
<td>199</td>
</tr>
<tr>
<td>Exercise 14.B   Recognizing Your Abilities, Traits, and Accomplishments</td>
<td>203</td>
</tr>
<tr>
<td>Exercise 14.C   Three Ways to Change Yourself</td>
<td>207</td>
</tr>
<tr>
<td>Exercise 14.D   Three Wishes Game</td>
<td>210</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SECTION 15: Medical Condition</th>
<th>211</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise 15.A   Attitudes About Medication or Medical Treatment</td>
<td>212</td>
</tr>
<tr>
<td>Exercise 15.B   Coping With a Sibling’s Health Problems</td>
<td>215</td>
</tr>
<tr>
<td>Exercise 15.C   Coping With Your Illness</td>
<td>218</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SECTION 16: Negative Peer Influences</th>
<th>220</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise 16.A   Choice of Friends Survey</td>
<td>221</td>
</tr>
<tr>
<td>Exercise 16.B   I Want to Be Like …</td>
<td>226</td>
</tr>
<tr>
<td>Exercise 16.C   Reasons for Negative Peer Group Involvement</td>
<td>229</td>
</tr>
</tbody>
</table>
SECTION 17: Obsessive-Compulsive Disorder (OCD)  
Exercise 17.A Decreasing What You Save and Collect  
Exercise 17.B Refocus Attention Away From Obsessions and Compulsions  
Exercise 17.C Thought Stopping  

SECTION 18: Oppositional Defiant Disorder  
Exercise 18.A Changing School Rules  
Exercise 18.B Cooperative Activity  
Exercise 18.C Filing a Complaint  
Exercise 18.D If I Could Run My Family  
Exercise 18.E Switching From Defense to Offense  

SECTION 19: Overweight/Obesity  
Exercise 19.A Developing and Implementing a Healthier Diet  
Exercise 19.C My Eating and Exercise Journal  

SECTION 20: Panic/Agoraphobia  
Exercise 20.A Panic Attack Rating Form  
Exercise 20.B Panic Survey  

SECTION 21: Parenting  
Exercise 21.A Evaluating the Strength of Your Parenting Team  
Exercise 21.B One-on-One  
Exercise 21.D Parents Understand the Roots of Their Parenting Methods  
Exercise 21.E Transitioning from Parenting a Child to Parenting a Teen  

SECTION 22: Peer/Sibling Conflict  
Exercise 22.A Cloning the Perfect Sibling  
Exercise 22.B How Parents Respond to Sibling Rivalry  
Exercise 22.C Negotiating a Peace Treaty  
Exercise 22.D Why I Fight With My Peers  

SECTION 23: Physical/Emotional Abuse Victim  
Exercise 23.A Identify the Nature of the Abuse  
Exercise 23.B Letter of Empowerment
Exercise 29.D  Perpetrator Apology to the Victim 410
Exercise 29.E  You Are Not Alone 415

SECTION 30: Sexual Identity Confusion 419
Exercise 30.A  Disclosing Homosexual Orientation 420
Exercise 30.B  Parents’ Thoughts and Feelings About Son’s/Daughter’s Sexual Orientation 424
Exercise 30.C  Unsure 428

SECTION 31: Sexual Promiscuity 431
Exercise 31.B  Looking Closer at My Sexual Behavior 436
Exercise 31.C  Pros and Cons of Having Sex 439

SECTION 32: Social Anxiety 441
Exercise 32.A  Developing Conversational Skills 442
Exercise 32.B  Greeting Peers 445
Exercise 32.C  Observe Positive Social Behaviors 448
Exercise 32.D  Show Your Strengths 452

SECTION 33: Specific Phobia 454
Exercise 33.A  Finding a Strategy to Minimize My Fear 455
Exercise 33.B  Gradual Exposure to Fear 458
Exercise 33.C  School Fear Reduction 462

SECTION 34: Substance Use 465
Exercise 34.A  Keeping Straight 466
Exercise 34.B  Saying Goodbye to My Drug 469
Exercise 34.C  Taking Your First Step 472
Exercise 34.D  The Many Changes Necessary for Recovery 477
Exercise 34.E  Welcome to Recovery 480

SECTION 35: Suicidal Ideation 483
Exercise 35.A  No Self-Harm Contract 484
Exercise 35.B  Painful Effects of Suicide 489
Exercise 35.C  Past and Present Hurt—Hope for the Future 493
Exercise 35.D  Symbols of Self-Worth 497
### SECTION 36: Unipolar Depression

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>36.A</td>
<td>Bad Thoughts Lead to Depressed Feelings</td>
<td>500</td>
</tr>
<tr>
<td>36.B</td>
<td>Becoming Assertive</td>
<td>504</td>
</tr>
<tr>
<td>36.C</td>
<td>Home, School, and Community Activities I Enjoyed</td>
<td>508</td>
</tr>
<tr>
<td>36.D</td>
<td>Overcoming Helplessness and Hopelessness</td>
<td>512</td>
</tr>
<tr>
<td>36.E</td>
<td>Surface Behavior/Inner Feelings</td>
<td>516</td>
</tr>
<tr>
<td>36.F</td>
<td>Three Ways to Change the World</td>
<td>520</td>
</tr>
<tr>
<td>36.G</td>
<td>Unmet Emotional Needs—Identification and Satisfaction</td>
<td>523</td>
</tr>
</tbody>
</table>

### APPENDIX A: Alternate Assignments for Presenting Problems

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Alternate Assignments for Presenting Problems</td>
<td>525</td>
</tr>
</tbody>
</table>

### APPENDIX B: Alphabetical Index of Exercises

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Alphabetical Index of Exercises</td>
<td>541</td>
</tr>
</tbody>
</table>

### About the CD-ROM

About the CD-ROM: 545

Downloadable CD material at http://booksupport.wiley.com 545
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 fifth editions, but also Treatment Planners targeted to specialty areas of practice, including:

- Addictions
- Co-occurring disorders
- Behavioral medicine
- College students
- 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 and school social work
- 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, substance use, anger control problems, 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*.

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
ACKNOWLEDGMENTS

We want to acknowledge and express appreciation to our wives—Judy, Cherry, and Lynn—who have supported us through the many years of the PracticePlanners series. We appreciate their willingness to read the manuscripts and offer helpful suggestions. And speaking of manuscript preparation, this project has had the benefit of many hours of perseverance by our dedicated manuscript manager, Sue Rhoda. She has organized our chaotic, scribbled details into a meaningful manuscript with a spirit of kindness and generosity. Thank you, Sue, for your loyalty and good work.

A. E. J.
L.M.P.
W.P.M.
INTRODUCTION

More and more therapists are assigning homework to their clients. Not only have short-term therapy models endorsed this practice, but the benefits are being recognized by many traditional therapists as well.

WHY HOMEWORK?

Assigning homework to psychotherapy clients is beneficial for several reasons. With the advent of managed care, which often requires shorter and fewer treatment sessions, therapists assign between-session homework to help maximize the effectiveness of briefer treatment. Homework is an extension of the treatment process, provides continuity, and allows the client to work between sessions on issues that are the focus of therapy. Homework can also be a tool for more fully engaging the client in the treatment process. Assignments place more responsibility on the client to resolve his or her presenting problems, counteracting the expectations that some clients may experience that it is the therapist alone who can cure him or her. For some, it even may bring a sense of self-empowerment.

Another added benefit of homework is that these assignments give the client the opportunity to implement and evaluate insights or coping behaviors that have been discussed in therapy sessions. Practice often heightens awareness of various issues. Furthermore, homework increases the expectation for the client to follow through with making changes rather than just talking about change. Exercises require participation, which creates a sense that the client is taking active steps toward change. Homework also allows the client to try new behaviors, bringing these experiences back to the next session for processing. Modifications can then be made to the client’s thoughts, feelings, or behaviors as the homework is processed in the therapy session.

Occasionally, treatment processes can become vague and abstract. By adding focus and structure, homework assignments can reenergize treatment. Moreover, homework can increase the clients’ motivation to change as it provides something specific to work on. Additionally, homework increases the involvement of family members and significant others in the client’s treatment using assignments that call for their participation. Homework promotes more efficient treatment by encouraging the client to actively develop insights, positive self-talk, and coping behaviors between therapy sessions. Consequently, many clients express increased satisfaction with the treatment process when homework is given. They are empowered by doing something active that facilitates the change process, and it reinforces their sense of control over the problem. These advantages have made the assignment of therapeutic homework increasingly prevalent.
HOW TO USE THIS HOMEWORK PLANNER

Creating homework assignments and developing the printed forms for recording responses is a time-consuming process. This Adolescent Psychotherapy Homework Planner, which follows the lead of psychotherapeutic interventions suggested in The Adolescent Psychotherapy Treatment Planner, Fifth Edition (Jongsma, Peterson, & McInnis, 2014), provides a menu of homework assignments that can easily be photocopied. In addition to the printed format, the assignments in this Planner are provided on a CD-ROM to allow the therapist to access them on a word processor and print them out as is or easily custom-tailor them to suit the client’s individual needs and/or the therapist’s style.

The assignments are grouped under presenting problems that are typical of those found in an adolescent population. These presenting problems are cross-referenced to every presenting problem found in The Adolescent Psychotherapy Treatment Planner, Fifth Edition. Although these assignments were created with a specific presenting problem in mind, don’t feel locked in by a single problem-oriented chapter when searching for an appropriate assignment. Included with each exercise is a cross-referenced list of suggested presenting problems for which the assignment may be appropriate and useful called “Additional Problems for Which This Exercise May Be Most Useful.” This cross-referenced list can assist you in applying the homework assignments to other situations that may be relevant to your client’s particular presenting problem.

A broader cross-referenced list of assignments is found in Appendix A: “Alternate Assignments for Presenting Problems.” Review this appendix to find relevant assignments beyond the two or three exercises found in any specific presenting problem chapter. For example, under the heading of Conduct Disorder/Delinquency in the appendix, you will find 33 alternative assignments originally created for other presenting problems but relevant and easily adapted for use with a client struggling with conduct disorder issues. In this appendix, every presenting problem is listed with relevant additional assignments from throughout the book. Remember, each assignment is available on the CD-ROM at the back of the book and, therefore, can be quickly edited for use with a specific client. This modified assignment can be saved on your computer’s hard disk for repeated later use.

This newest edition of the Adolescent Psychotherapy Homework Planner includes several important changes. First and foremost, many of the assignments from both the Adolescent Psychotherapy Homework Planner, Fourth Edition, and Brief Adolescent Homework Planner II have been consolidated into one cost-efficient book. A number of the homework assignments have been shortened and/or modified to make it more user friendly for the adolescent client. A few of the old homework assignments were omitted, but several new assignments have been added. The improvements in the Adolescent Psychotherapy Homework Planner, Fifth Edition, make it a valuable therapeutic tool/resource for the practicing clinician.
ABOUT THE ASSIGNMENTS

Some of the assignments are designed for the parents of an adolescent who is in treatment; others are for the client; still others are designed for the parents and adolescents to complete together. Therapists introduce the homework assignment with varying degrees of detail and client preparation. Recommendations regarding this preparation and postexercise discussion are made on the title page of each assignment under the heading “Suggestions for Processing This Exercise With the Client.”

Clinical judgment must be used to assess the appropriate developmental level necessary for a specific assignment, as well as choosing the homework assignments that focus on relevant issues for the client. The title page of each assignment contains a section on “Goals of the Exercise” to guide you in your selection of relevant homework for your client. Remember, all assignments can be modified as necessary for the individual client.

CARRYING OUT THE ASSIGNMENT

It is recommended that you review the entire book to familiarize yourself with the broad nature of the type and focus of the various homework exercises. Select a specific assignment from a chapter titled with your client’s presenting problem or from the alternative list in Appendix A, and then review the list of homework goals. Assigning therapy homework is just a beginning step in the therapy treatment process. Carrying out the assignment requires a follow-up exploration of the impact of the assignment on the client’s thoughts, feelings, and behavior. What are the results? Was this assignment useful to the client? Can it be redesigned or altered for better results? Examine and search for new and creative ways to actively engage your client in participating in this homework process.

ARTHUR E. JONGSMA, JR.
L. MARK PETERSON
WILLIAM P. MCINNIS
ATTITUDES ABOUT HOMEWORK

GOALS OF THE EXERCISE
1. Assess the family dynamics or stressors that contribute to the client’s resistance to completing homework assignments.
2. Parents decrease the frequency and intensity of arguments with the client over issues related to school performance and homework.
3. Assist in developing a plan to increase the frequency of completion of homework assignments.
4. Complete homework assignments on a regular, consistent basis.

ADDITIONAL PROBLEMS FOR WHICH THIS EXERCISE MAY BE MOST USEFUL
• Attention-Deficit/Hyperactivity Disorder (ADHD)
• Oppositional Defiant

SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH THE CLIENT
This exercise is designed for adolescent clients who have frequent arguments with their parents and/or have difficulty completing their homework. The purpose of the exercise is to assess family dynamics surrounding the issue of homework. The parents and client are both required to read three vignettes and respond to their respective questionnaires. The therapist reviews their responses in the follow-up therapy sessions to formulate a plan that will help the client to complete his/her homework more often, as well as reduce the degree of emotional intensity surrounding this issue. *Beware*: The client who has difficulty completing his/her school homework may very well have difficulty completing this therapy homework assignment. The client’s resistance to completing the homework assignment may be processed either before or after the homework assignment is given.
ATTITUDES ABOUT HOMEWORK

Families differ widely over how they deal with the issue of homework. In some homes, homework is an issue that precipitates heated arguments between parents and teenagers. In other homes, teenagers experience very few problems with their parents about homework. The following three case studies describe different family scenes focusing on the issue of homework. As you read the case studies, consider how your family may be similar to or different from the families described in dealing with homework issues. After you finish reading the three case studies, please complete the appropriate questionnaire.

FAMILY SCENE I

“I don’t have any homework,” Jimmy Keller angrily told his father, “and I’m tired of you always nagging me about it!”

Irritated, Mr. Keller replied, “Well, I wouldn’t always have to check up on your schoolwork if you would just be responsible and do it. I got a call from Mr. Smith, your math teacher, and he says you have four incomplete assignments. What’s up with that?”

“Nothing’s up with that,” Jimmy responded in exasperation. “I’ve already turned them in. I did them in—”

Mr. Keller cut his son off, “You told me that when I got a call from your science teacher. Then I went to conferences and found out that you hadn’t turned several assignments in. How can I trust you?” The argument continued for a few more minutes before Mr. Keller threw up his arms in frustration and said, “I give up!”

Jimmy stormed to his room, too angry to even try to do his homework. He called a friend instead.

FAMILY SCENE II

“Mom, it’s just a rough draft. It’s not the final copy. I just wanted to know whether you thought my ideas sounded good,” Kimberly expressed in frustration. “You don’t have to be so critical about the spelling and punctuation errors. I’ll correct those later on the computer.”

Pat, Kimberly’s mother, said, “You don’t have to be so defensive. I’m just trying to help save you time by pointing out the mistakes now. Besides, you don’t always recheck your essays for spelling errors.”

Kimberly rolled her eyes and thought to herself, “Why did I even bring the essay to her? She’s always so picky about the smallest mistakes.”
Sensing her daughter’s irritation, Pat told her, “Don’t roll your eyes at me. I wouldn’t have to be so picky if you would just learn to recheck your work.”

“Fine,” Kimberly said, gritting her teeth. “Just give me the paper and I’ll make the corrections.” Kimberly snatched the paper from her mother’s hand and walked out of the room.

FAMILY SCENE III

Eric’s mother came into the kitchen carrying two bags of groceries. She said, “Oh, hi, Eric. I see you’ve already gotten a jump on your homework. Good for you.”

Eric smiled and said, “Yeah, I wanted to get it done before the basketball game tonight. Michael called and asked if I wanted to go to the game with him. Is that okay?”

Eric’s mother said, “Sure, if you get your homework done, you can go. And I want you to know that I appreciate it so much that you are taking responsibility for getting your homework done without me having to hassle you constantly. You’re a neat kid.”

Eric completed his homework and called his friend Michael to get a ride to the game.

CLIENT QUESTIONNAIRE

1. How would you describe a common scene in your home over the issue of homework?
   How is your family situation either similar to or different from the family scenes described?

   Similar:

   Different:

2. Describe your typical attitude about doing homework.