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More Brief Therapy Client Handouts

Kate Cohen-Posey

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The highly anticipated follow-up to *Brief Therapy Client Handouts*?now with even more practical, therapeutically sound strategies for helping clients change behaviors and address problems.

Building on the success of *Brief Therapy Client Handouts*, this unique sourcebook provides a comprehensive collection of over 200 jargon-free, ready-to-use psycho-educational handouts, including concise articles, exercises, visual aids, self-assessments, and discussion sheets that support your clients before, during, and between sessions.

Featuring a strong focus on mindfulness and cognitive therapy, *More Brief Therapy Client Handouts* incorporates sensitively written handouts addressing timely topics such as positive counseling strategies, psycho-spirituality, and using trance for pain management and weight loss.

This exceptional resource features:

- A helpful Therapist Guide opens each chapter with learning objectives and creative suggestions for use of material
- More handouts devoted to parents, couples, families, and children
- Strategies and tasks within each handout for clients to do on their own or in the therapist's office as part of the session
- Assessment questionnaires targeting specific issues, including personality traits, automatic thoughts, core beliefs, symptoms of panic, and repetitious thoughts and behavior
- Exercises and worksheets such as Power Thinking Worksheet, Thought Record and Evaluation Form, Thought Changer Forms, Self-Talk Record, Selves and Parts Record, and Daily Food Log

Practical and empowering, *More Brief Therapy Client Handouts* helps you reinforce and validate ideas presented in therapy and reassure clients during anxious times in between sessions. With a user-friendly design allowing you to easily photocopy handouts or customize them using the accompanying CD-ROM, this therapeutic tool will save you precious time and maximize the full potential of the material.

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