



# Couples Therapy Homework Planner

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

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**Couples Therapy Homework Planner** Gary M. Schultheis, Steffanie Alexander O'Hanlon, Bill O'Hanlon  
**Features new and updated assignments and exercises to meet the changing needs of mental health professionals**

*The Couples Therapy Homework Planner, Second Edition* provides you with an array of ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. This easy-to-use sourcebook features:

- 71 ready-to-copy exercises covering the most common issues encountered by couples in therapy, such as financial conflict, infidelity, work/home role strain, and separation and divorce
- A quick-reference format—the interactive assignments are grouped by behavioral problems including improving communications, handling parenting problems, and resolving sexual issues
- Expert guidance on how and when to make the most efficient use of the exercises
- Assignments are cross-referenced to *The Couples Psychotherapy Treatment Planner, Second Edition*—so you can quickly identify the right exercise for a given situation or problem
- A CD-ROM that contains all the exercises in a word-processing format—allowing you to customize them to suit you and your clients' unique styles and needs

Additional resources in the *PracticePlanners*® series:

*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.

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

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