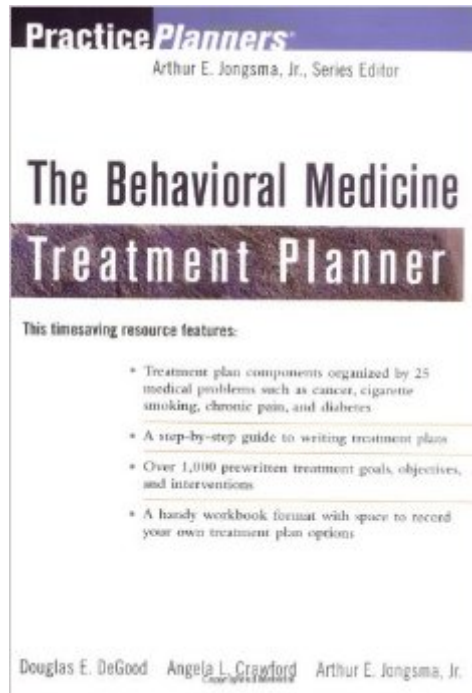


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# The Behavioral Medicine Treatment Planner



## Synopsis

This invaluable sourcebook features pre-written treatment plan components for the field of behavioral medicine, including behavioral definitions, long-term goals, short-term objectives, therapeutic interventions, and DSM-IV diagnoses. The Behavioral Medicine Treatment Planner covers the psychological aspects of coping with illnesses such as cancer, chronic fatigue syndrome, diabetes, headaches, AIDS, and more. Psychologists, counselors, therapists, and other mental health professionals who work in medical settings will find this Planner indispensable.

## Book Information

Paperback: 225 pages

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Product Dimensions: 7 x 0.6 x 10 inches

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Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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## Customer Reviews

I felt compelled to write a review in light of the earlier review trashing this book. Indeed, this is a dry list of things to do with no information on how to do them. It is NOT meant for general reading. All the books in this series are specifically created to help treating professionals write treatment plans (Treatment Planners) or create progress notes (Progress Note Planners) using language that is potentially helpful for insurance companies or other agencies that may require objective documentation. Some professionals may find these books of little use but the general population will likely have absolutely no reason to use these manuals.

The whole style of this book is very dry and not usersfriendly. The book consists of long lists of objectives and therapeutic interventions each 1 or 2 lines. Sometimes more than 40. It tells you all the time WHAT to do ( exc. [\*] emotional impact or educate the patient on effects of stress on

symptoms)but NEVER HOW .This information is not very helpfull. Everybody knows for example that walking 20 minutes a day is healthy but HOW do you get somebody to do it.That should be the focus of behavioral medicine ( it s about getting to healthy behavior, no ?)This important part: HOW to get to behavior change is not present in this book.

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