



# Brief Therapy Homework Planner

*Gary M. Schultheis*

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## **Brief Therapy Homework Planner** Gary M. Schultheis

In an era of brief therapy, the time between sessions is an important component of the treatment process. This easy-to-use sourcebook provides pre-written psychotherapy homework assignments. The exercises are grouped by skill set (improving communication techniques, changing your perspective, developing new coping skills, etc.). The book includes ready-to-copy blank exercises, instructions on when and how to use the assignments, and a floppy disk which contains word-processing versions of every assignment in the book.

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