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The Family Therapy TREATMENT PLANNER

This timesaving resource features:

- Treatment plan components for 40 behaviorally based family problems
- Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options
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- Includes new **Evidence-Based Practice Interventions** as required by many public funding sources and private insurers

FRANK M. DATTILIO AND ARTHUR E. JONGSMA, JR.
SEAN D. DAVIS, CONTRIBUTING EDITOR

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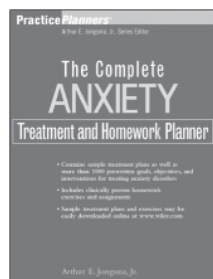
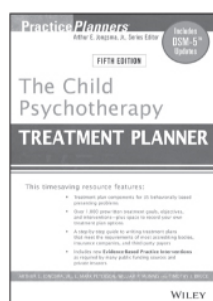
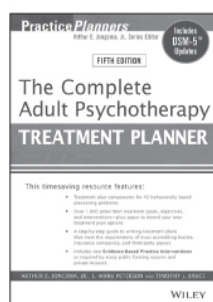
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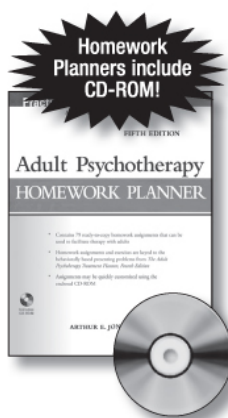
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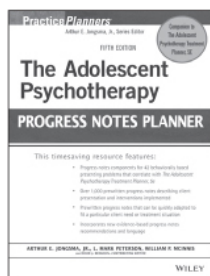
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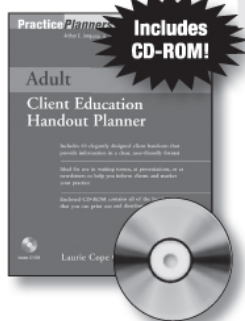
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To my wife Maryann, three children, and seven grandchildren, who taught me most of what I need to know about happy families.

—Frank M. Dattilio

To Jennifer Byrne, who, as my thoroughly organized, faithful assistant and perseverant transcriptionist, helped me launch this series of Treatment Planners many years ago. Blessings to you, Jen.

—Arthur E. Jongsma, Jr.

To my wife Elizabeth and children Andrew, Hannah, Rachel, and William—you've taught me more about happiness than anything I've learned in my profession.

—Sean D. Davis

PracticePlanners® Series Preface

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 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:

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- ***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*.

The series also includes adjunctive books, such as *The Psychotherapy Documentation Primer* and *The Clinical Documentation Sourcebook*, containing 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

Many thanks go to my fine assistant and expert typist, Carol A. Jaskolka, who spent countless hours in the revision of this second edition. I would also like to extend my gratitude to the outstanding staff at John Wiley & Sons for their guidance and support with this project.

Frank M. Dattilio, Ph.D.

There are times when you just know that the working chemistry is right. Such has been the case working with Sean Davis. Sean took the lead in revising these chapters as part of a team with Frank Dattilio, the internationally respected expert in family therapy who wrote the original edition with me 10 years ago. I appreciated Sean's knowledge of the family therapy field and his focus on bringing evidence-based treatment interventions into the content of these chapters. Along with being a knowledgeable marriage and family therapist, he is a kind and thoughtful man. I am proud to be a collaborator with you, Sean.

Although Frank Dattilio was not the lead on this revision, he was definitely involved in reviewing suggested revisions and offering insights for the EBT interventions to be included. And, of course, we were building on his very fine original work. Thank you, Frank, for bringing your expertise to bear on this work and for your oversight of this new edition.

Finally, I want to recognize the ongoing expertise brought to the table by my manuscript manager, Sue Rhoda. She is a gift to me and I thank her again for being there for me and my coauthors and for submitting another clean

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Arthur E. Jongsma, Jr., Ph.D.

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Sean D. Davis, Ph.D.

Introduction

About Practice*Planners*® Treatment Planners

Pressure from third-party payors, accrediting agencies, and other outside parties has increased the need for clinicians to quickly produce effective, high-quality treatment plans. *Treatment Planners* provide all the elements necessary to quickly and easily develop formal treatment plans that satisfy the needs of most third-party payors and state and federal review agencies.

Each *Treatment Planner*:

- Saves you hours of time-consuming paperwork.
- Offers the freedom to develop customized treatment plans.
- Includes over 1,000 clear statements describing the behavioral manifestations of each relational problem, and includes long-term goals, short-term objectives, and clinically tested treatment options.
- Has an easy-to-use reference format that helps locate treatment plan components by behavioral problem or *DSM-IV-TR* diagnosis.

As with the rest of the books in the Practice*Planners*® series, our aim is to clarify, simplify, and accelerate the treatment planning process, so you spend less time on paperwork, and more time with your clients.

About the *Family Therapy Treatment Planner*

This second edition of the popular *Family Therapy Treatment Planner* comes as a result of the positive response that we received over the past decade with the success of the first planner. The first edition, which ran for almost 10 years, was a bestseller. As a revision, we have included two additional chapters, totaling 40 in all, along with the refortification of evidenced-based treatment interventions throughout the existing text. The existing chapters now reflect the updated research that has become available over the past decade.

As stated in the previous preface, the field of family therapy has continued to grow exponentially since its introduction in the 1950s. Virtually all graduate programs in the field of mental health offer some curriculum in family therapy (Piercy, Sprenkle, and Wetchler, 1996), and all 50 states now have licensing laws for marital and family therapists.

With this explosive growth has come the increasing acceptance of family therapy interventions in the mental health service delivery system. In fact, recent research supports family therapy as one of the most effective forms of psychotherapeutic treatment for a wide variety of problems (Shadish and Baldwin, 2002). In addition, recent research has begun to demonstrate that marriage and family therapy treatments have a positive effect on physical health and health care usage (Caldwell, Woolley, and Caldwell, 2007). Hence, it is no surprise that insurance companies and managed care programs have increased their awareness and acceptance of family therapy as a mode of treatment for a number of mental health problems and have included it as a reimbursable intervention. Since millions of patients receive their mental health care

through a managed care arrangement, it is essential that clinicians have access to structured treatment plan materials that efficiently meet their needs.

This book also goes hand-in-hand with the *Couples Psychotherapy Treatment Planner* since very often family conflicts emanate from problems in the spouses' relationship. In such cases, the therapist should refer to the *Couples Psychotherapy Treatment Planner* (O'Leary, Heyman, and Jongsma, 1998) for more specific suggestions regarding treating the couple's relationship. With this concept in mind, the reader should also expect that there will, at times, be some overlap between the *Family Therapy* and *Couples Psychotherapy Treatment Planners*. We acknowledge our indebtedness to Dan O'Leary and Rick Heyman for their thorough work on the *Couples Psychotherapy Treatment Planner*.

Incorporating Evidence-Based Treatment Into the Treatment Planner

Evidence-based or empirically supported treatment (that is, treatment that has shown efficacy in research trials) is rapidly becoming of critical importance to the mental health community as the demand for quality and accountability increase. Indeed, identified empirically supported treatments (e.g., those of the APA Division 12 [Society of Clinical Psychology], the Substance Abuse and Mental Health Services Administration's [SAMHSA] National Registry of Evidence-based Programs and Practices [NREPP]) are being referenced by a number of local, state, and federal funding agencies, some of which are beginning to restrict reimbursement to these treatments, as are some managed care and insurance companies.

In this second edition of *The Family Therapy Treatment Planner*, we have made an effort to empirically inform some chapters by highlighting Short-Term Objectives (STOs) and Therapeutic Interventions (TIs) that are consistent with psychological treatments or therapeutic programs that have demonstrated some level of efficacy through empirical study. Watch for this icon as an indication that an Objective/Intervention is consistent with those found in evidence-based treatments (EBT).

References to the empirical work supporting these interventions have been included in the reference section as Appendix B. For information related to the identification of evidence-based practices (EBPs), including the benefits and limitations of the effort, we suggest the APA Presidential Task Force on Evidence-Based Practice (2006); Bruce and Sanderson (2005); Chambless et al. (1996, 1998); Chambless and Ollendick (2001); Castonguay and Beutler (2006); Drake, Merrens, and Lynde (2005); Hofmann and Thompson (2002); Nathan and Gorman (2007); and Stout and Hayes (2005). Sprenkle, Davis, and Lebow (2009) provide a review of this literature as it pertains to marriage and family therapy.

In this *Planner*, we have included STOs and TIs consistent with identified EBTs for family problems and mental disorders commonly seen by practitioners in public agency and private practice settings. It is important to note that the empirical support for the EBT material found in each chapter has *not* necessarily been established for treating that problem within a family context, but rather is particular to the problem identified in the chapter title. For example, the STOs and TIs consistent with cognitive therapy for anxiety that can be found in the chapter entitled “Anxiety” are based on this treatment approach, which has been well established as an empirically supported individual treatment for anxiety, yet can be

easily modified for treatment in a family setting. Furthermore, it is important to remember that an EBT such as cognitive-behavioral family therapy (Dattilio, 2010) can be applied to a wide variety of problems. Therefore, although many chapters present common problems faced by families (e.g., geographic relocation) for which no studies have specifically focused on, an EBT, such as behaviorally based parenting techniques or problem-solving skills, can be utilized to help the family through that particular challenge.

Beyond references to the empirical studies supporting these interventions, we have provided references to therapist- and client-oriented books and treatment manuals that describe the use of identified EBTs or treatments consistent with their objectives and interventions. Of course, recognizing that there are STOs and TIs that practicing clinicians have found useful but that have not yet received empirical scrutiny, we have included those that reflect common best practice among experienced clinicians. The goal is to provide a range of treatment plan options, some studied empirically, others reflecting common clinical practice, so the user can construct what they believe to be the best plan for a particular client. Most of the STOs and TIs associated with the EBTs are described at a level of detail that permits flexibility and adaptability in their specific application. As with all *Planners* in this series, each chapter includes the option to add STOs and TIs at the therapist's discretion.

Criteria for Inclusion of Evidence-Based Therapies

The EBTs from which STOs and TIs were taken have different levels of empirical evidence supporting them. For example, some have been well established as efficacious for the problems that they target (e.g., exposure-based