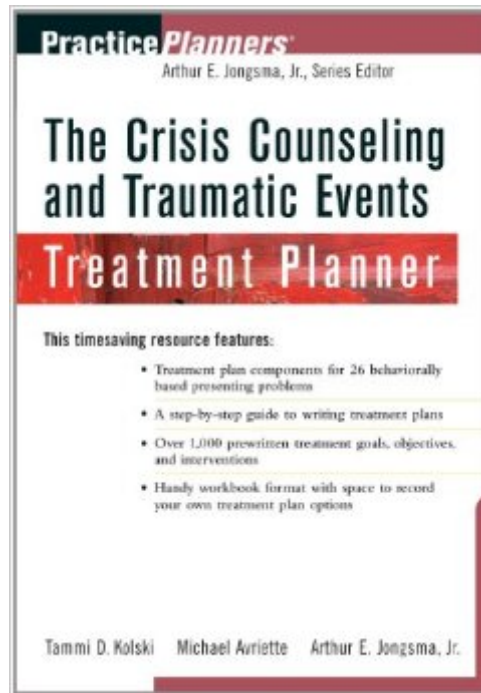


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# The Crisis Counseling And Traumatic Events Treatment Planner



## Synopsis

Psychologists, therapists, and other mental health professionals who treat clients affected by traumatic events such as natural disasters, rape, and assault need to develop formal treatment plans. These plans must conform to requirements of managed care organizations and other third party payers.

## Book Information

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## Customer Reviews

I learned to write treatment plans, when I was fresh out of graduate school, with these treatment planners, and was pleased that the quality of the series is as good as I remembered, with some updates to satisfy the recent push for evidence-based treatment. In the introduction, the author emphasizes that not everyone who is exposed to a crisis or trauma develops PTSD; therefore, while there is a chapter in the planner devoted to PTSD, it is aimed at treating all of those who are trauma-exposed, even those who do not develop PTSD. A wide variety of significant life stressors are covered including job loss, bullying, and disaster situations, among many others. For each problem, a behavioral definition is presented along with long-term and short-term goals, interventions, and diagnostic suggestions. Evidence-based interventions are specifically marked to assist the therapist in finding these strategies. The planner is extremely thorough and provides a comprehensive, step-by-step guide to treating a variety of trauma-related issues. Its focus is not only on the therapy component, but on steps the therapist should take to intervene and work with

the larger system in which the client lives (steps to collaborate with CPS, pediatricians, etc). One gets a sense that all the bases are being covered in reading through the interventions. This planner is quite useful not only in developing treatment plans, but also in helping the therapist to find fresh ideas when a therapeutic impasse is reached. I do wish that there was a CD-ROM available with the planner so that treatment plans could be customized. This was the only thing I felt was missing from an otherwise very thorough, clinically useful planner.

If you are looking for a standard cookie cutter template for crisis management, then this may be of use to you. Most of the treatment plans are very similar with a few tweaks thrown in. This book can be a starting point to building a trauma treatment plan, but by all means, this is not all inclusive and each plan needs custom tailoring to each person. The templates do provide some room for individual contributions.

This book represents a good starting point for treatment planning around trauma. As other reviewers have said, this is a very cookie-cutter approach to treatment, which isn't best practice. However, if you approach the book with this in mind, then it does lend itself to helping you think about how you can approach your own tailored treatment plan for an individual client.

This book contains 27 treatment plans that can help any clinician that is dealing with traumatic events such as domestic violence issues, job loss, phobias, suicide, etc...Each section has an overview of the definition of the crisis and then has a list of treatment plans and objectives you could use (or give you some idea of how to phrase the objective in the treatment plan) along with a brief list of diagnostic suggestions via the DSM IV. It is very well written, very concise and easy to follow. Given the limited hospitalization stays the ability to write a concise treatment plan that deals with the specific issues addressed upon admission is very helpful. This particular book only focuses on crisis counseling and traumatic events so if you are looking for a book that deals with treatment plans for bi-polar disorder, schizoaffective disorder, family therapy issues, etc...you will need another book in this series. Still, this is a good reference guide to help any clinician in learning how to be specific in writing an effective behaviorally based treatment plan for their client and meet the standards of insurance companies and third party payors.

"The Crisis Counseling and Traumatic Events Treatment Planner" is a workbook-style planner, with places for notes, presented in a format that highlights behavioral definitions, long-term goals,

short-term objectives and therapeutic interventions for twenty-seven behavioral treatments. The planners are presented alphabetically; these include acute stress disorder, anxiety, bullying victim, child abuse or neglect, crime victim trauma, clinical incidents with emergency service providers, depression, disaster, domestic violence, job loss, adult and child medically caused death, miscarriage/stillbirth/abortion, phobias, PTSD, school traumas at the college/elementary/pre-elementary/secondary/staff levels, sexual assault, stalking victim, adult/child sudden or accidental death, adult/child suicide and workplace violence. This is a handy procedural planner to reference the fundamental steps to follow while individually tailoring treatment plans for patients. The organization and presentation is modestly clean, making this planner very simple to utilize.

As a person who has been diagnosed with PTSD, and has the attn span of a fly, for me, this book is a godsend. Most of the better PTSD workbooks are very hard for most people to take on alone, w/o the assistance of a therapist, and even with such assistance, many of those books could still be overwhelming. Though I see how this book is probably more ideal for therapists than for patients, I'm sure that many customers/patients would agree with me about the ease of use of this. I mean though it is brief in its summary of various disorders, it is thorough. Chapter format: 1. Behavioral definitions for the given \*disorder\* 2. Long term goals 3. Short term goals 4. Therapeutic interventions 5. Diagnostic suggestions Short and concise is perfect for me with my limited attention span. I don't think this should be marketed just to therapists or those interested in the field of psychology, I think it should be right next to the family health reference book(s). Mental \*health\* is overlooked by many as an aspect of health, but it is part of a persons overall health

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