



The Therapists Toolkit: Questionnaires, Worksheets, and Information Sheets to Assess and Improve Client Problems

By Clyde Myles Feldman

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 222 pages. Dimensions: 10.9in. x 8.4in. x 0.6in. The toolkit includes a total of sixty-five questionnaires, skill worksheets, and information sheets designed for counselors, therapists, and coaches to use with their individual, couple, or group clients. The tools are designed to assess, clarify, and improve client problems in the areas of: COMMUNICATION, CONFLICT, STRESS, ANXIETY, DEPRESSION, ANGER, DOMESTIC VIOLENCE, SUBSTANCE ABUSE, SEX ADDICTION, INTIMACY, JEALOUSY, ADULT A. D. D., ADULT ATTACHMENT, PERSONALITY DISORDERS, and much more. Each tool can be given to clients to complete on their own or can be completed together with the practitioner. The tools have been written so that any client can easily understand an issue without having special knowledge of the topic or its psychological terms. These tools allow clients to be more actively involved in identifying, understanding, and changing their problems. The toolkit includes three types of tools: (1) QUESTIONNAIRES which are scored assessment instruments to help determine the degree to which a particular problem exists, (2) SKILL WORKSHEETS which allow clients to build and practice the component skills needed to improve a particular problem area, and (3) INFORMATION SHEETS which provide...



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