



Case Conceptualization and Treatment Planning: Integrating Theory With Clinical Practice

By Pearl S. (Susan) Berman

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Learn to develop treatment plans using any theoretical perspective

Using compelling client interviews and skill-building exercises, this text shows students how to develop effective case conceptualizations and treatment plans. **Case Conceptualization and Treatment Planning** presents a comprehensive model that simplifies a task that is potentially overwhelming to a student—figuring out how to tailor clinical work to the specific background and values of a client. This new edition has been thoroughly revised and expanded, including the addition of two new theoretical orientations: feminist perspective and constructivist perspective.

Key Features

- Interviews that challenge students to gain an understanding of the strengths and weaknesses of diverse clients as well as develop an awareness of biases therapists may bring to the treatment process
- Exercises that help students learn to tailor their written treatment plans to the model chosen for supporting client growth
- Theoretical models that challenge students to think critically about cases using behavioral, cognitive, feminist, emotion-focused, dynamic, family systems, constructivist, and transtheoretical perspectives

Instructor's Resources Available

Visit <http://www.sagepub.com/pberman2instr/> for the password-protected instructor's materials including seven procedures that describe how instructors can use class time to build students' skills at developing case conceptualizations and treatment plans; grading criteria; tips for instructor feedback to student work; and essay exam questions.

This text is suitable for professionals and students in clinical psychology, counseling psychology, psychiatry, social work, human services, and nursing.

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Editorial Review

About the Author

Pearl S. Berman, PhD, is a licensed psychologist who is a professor of psychology and a clinical supervisor within the doctoral program in psychology at Indiana University of Pennsylvania. She received her BA in psychology from Brandeis University in 1977 and her PhD in clinical psychology from Bowling Green State University in 1983. Her areas of clinical and research expertise include child physical and sexual abuse, neglect, spousal violence, violence prevention, and professional training. She is the author of three doctoral-level books. Her first book is titled *Therapeutic Exercises for Victimized and Neglected Girls: Applications for Individual, Family, and Group Psychotherapy* (Professional Resource Press, 1994). Her second book was the first edition of *Case Conceptualization and Treatment Planning: Exercises in Integrating Theory With Clinical Practice* (SAGE Publications, 1997); this book was translated into Korean by Hak Ji Sa in 2007. The second edition of this book was published by Sage in 2010. Her third book is *Interviewing and Diagnostic Exercises for Clinical and Counseling Skills Building* with her colleague Susan Shopland, Psy.D (Lawrence Erlbaum & Associates, 2005). She has also published eight book chapters and eleven professional articles. She has presented 55 professional papers and 13 professional workshops in her areas of expertise. In addition, she has taught 5 undergraduate and 12 doctoral-level courses in psychology. Finally, she is a member of many professional groups working toward the cessation of victimization, including the American Psychological Association, the American Professional Society on the Abuse of Children, the Association of Women in Psychology, the National Partnership to End Interpersonal Violence, The National Committee to Prevent Elder Abuse, and the Southern Poverty Law Center, and the National Organization for Women.

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