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86 TIPS (Treatment Ideas & Practical Strategies) for the Therapeutic Toolbox

Judith Belmont

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86 T.I.P.S. (Treatment Ideas and Practical Strategies) for the Therapeutic Toolbox features dozens of reproducible handouts, experiential activities, exercises, self-discovery tools and more. The topics covered are perfect for individual clients or in group therapy settings. Within the T.I.P.S. approach, each of the 86 activities, handouts or strategies is broken down even further into T.I.P.s (Theory, Implementation and Processing). This unique approach makes every TIP easy to understand and put to practice.

Among the T.I.P.S. topics:
* Cognitive Therapy
* Anger Diary
* Stress Resiliency
* Communication Skills
* Self-Discovery
* Positive Self-Talk
* Assertiveness
* Behavioral Change
* Emotional Healing

Judith Belmont, M.S., has gathered this collection of practical strategies from more than 30 years of clinical experience coupled with her passion for hands-on mental wellness education.

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