



Each topic area below is a comprehensive treatment resource with these goals in mind:

- ☞ Comprehensive treatment planning template that can be readily customized for clients or groups. It includes major goals, objectives, treatment focus, suggestions for counselors, and links to specific **A New Freedom** and **Insight and Outlook** workbooks, including behaviorally-stated objectives (and pages for each activity and objective). Program is built on MET/CBT and social learning/self-efficacy models. This plan also provides guidance for counselors with reference to additional treatment issues and DSM-IV criteria.
- ☞ Includes counselor's notes supporting assessment and treatment that supports training and guides new program staff. Refers to specific DSM-IV diagnoses, as appropriate.
- ☞ Supplemental material: life skills resources, treatment preparation, MET, and engagement resources. Additional resources listed at [www.newfreedomprograms.com/mh.html](http://www.newfreedomprograms.com/mh.html)
- ☞ Includes counselor's and clients' checklists and individual workbooks addressing this topic or treatment area. Each package is tailored to your requirements and program population. A typical program package includes 5-10 workbooks. Prices start at \$475.

Options and Topic Areas:

## ***Abandonment and Neglect***

Addresses childhood issues of abandonment and neglect.

## ***Aggression and Violence***

Treatment plan for addressing aggression.

## ***Anger***

Treatment plan for addressing issues with anger.

## ***Anxiety Disorders***

Addresses several anxiety disorders.

## ***Body Image and Self-Image***

Identifies and addresses body and self-esteem issues.

## ***Codependency***

Addresses various forms of co-dependency.

## ***Compulsive Gambling***

Addresses common issues underlying problem gambling.

## ***Conduct Issues***

Oppositional defiant, conduct order, and ADHD/ADD.

## ***Depression***

Addresses risk factors for depression. Includes suicide.

## ***Handling Difficult Feelings***

For clients who have difficulty identifying with feelings.

## ***Domestic Violence***

For women in abusive relationships.

## ***Eating Disorders***

Addresses common eating disorder issues.

## ***Feeling Hurt***

Guides process of learning how to handle feelings of hurt.

## ***Gang Involvement***

Addresses gang involvement as a form of dysfunctional behavior.

## ***Grief and Loss***

Addresses various sources of loss and grief.

## ***Guilt***

Treatment plan for addressing guilt.

## ***Self-Esteem and Shame***

Identifies and addresses issues of self-esteem and shame.

## ***Post-Traumatic Stress***

Addresses post-traumatic stress disorder (PTSD).

## ***Self-Efficacy***

Helps clients develop coping skills for specific needs.

## ***Self-Injury***

Treatment plan addressing and treating self-injury.

## ***Self-Inventories for Recovery***

Tools useful at different stages of recovery. Designed for use with New Freedom programs but compatible with Twelve Step programs.

## ***Sleep Disorders***

Addresses causes, sleep hygiene, and coping skills.

## ***Special Losses***

Helping clients with significant health issues, including HIV and AIDS.

Interested in a free phone consultation? Visit <http://www.newfreedomprograms.com/help>