



# Tracking Mental Health Outcomes: A Therapist's Guide to Measuring Client Progress, Analyzing Data, and Improving Your Practice

*Donald E. Wiger, Kenneth B. Solberg*

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## **Tracking Mental Health Outcomes: A Therapist's Guide to Measuring Client Progress, Analyzing Data, and Improving Your Practice** Donald E. Wiger, Kenneth B. Solberg

A complete, step-by-step guide to tracking and documenting treatment outcomes

Outcomes assessment has become an increasingly critical component of contemporary mental health practice, yet most therapists receive little or no training in accepted outcomes assessment and documentation methods. Tracking Mental Health Outcomes fills this gap, providing step-by-step guidance on choosing the best outcomes-tracking methods and instruments for your practice. You'll see how to integrate them into everyday clinical procedures and use the data they supply to improve the quality of care you provide as well as fully comply with insurance company and regulatory agency requirements.

An indispensable working resource for mental health professionals, Tracking Mental Health Outcomes:

- \* Describes both intraclient and normative approaches to outcomes assessment and how to integrate them into your practice
- \* Uses DSM-IVTR as the standard reference point for assessing outcomes
- \* Provides clear-cut examples of third-party payer requirements
- \* Describes commercially available assessment instruments and how to use them
- \* Features case examples illustrating how to perform and document outcomes assessment-from initial intake to termination
- \* Supplies blank forms for recording and tracking outcomes data on the enclosed computer disk

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A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a publication. The book Tracking Mental Health Outcomes: A Therapist's Guide to Measuring Client Progress, Analyzing Data, and Improving Your Practice it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book features high quality.

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