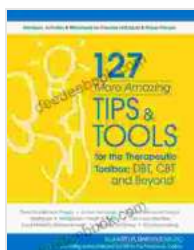


# 127 More Amazing Tips and Tools for the Therapeutic Toolbox

As a therapist, you have a variety of tools at your disposal to help clients achieve their goals. These tools can be used to assess clients, develop treatment plans, and provide support and guidance. In this article, we will provide you with 127 more tips and tools that you can add to your therapeutic toolbox.



## 127 More Amazing Tips and Tools for the Therapeutic Toolbox

★★★★☆ 4.3 out of 5

Language	: English
File size	: 11155 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 200 pages



## Assessment Tools

- **The Five-Factor Personality Inventory (FFPI)** is a self-report inventory that measures the five major personality traits: extraversion, agreeableness, conscientiousness, neuroticism, and openness.
- **The Beck Depression Inventory (BDI)** is a self-report inventory that measures the severity of depression symptoms.

- **The State-Trait Anxiety Inventory (STAI)** is a self-report inventory that measures the severity of anxiety symptoms.
- **The Trauma Symptom Inventory (TSI)** is a self-report inventory that measures the severity of trauma symptoms.
- **The MacArthur Scale of Subjective Social Status (SSS)** is a self-report scale that measures subjective social status.

### Treatment Planning Tools

- **The Treatment Plan Builder (TPB)** is a web-based tool that helps therapists develop treatment plans.
- **The Goal Attainment Scaling (GAS)** is a method for setting and tracking treatment goals.
- **The Problem-Solving Tree (PST)** is a tool for identifying and solving problems.
- **The Cognitive Behavioral Therapy (CBT) Toolkit** is a collection of resources for CBT therapists.
- **The Dialectical Behavior Therapy (DBT) Skills Workbook** is a workbook for DBT therapists.

### Support and Guidance Tools

- **The National Suicide Prevention Lifeline** is a 24-hour toll-free hotline for people in suicidal crisis.
- **The Crisis Text Line** is a text-based crisis support service.
- **The Rape, Abuse & Incest National Network (RAINN)** is a non-profit organization that provides support and resources to victims of sexual

violence.

- **The National Domestic Violence Hotline** is a 24-hour toll-free hotline for victims of domestic violence.
- **The National Alliance on Mental Illness (NAMI)** is a non-profit organization that provides support and resources to people with mental illness.

## Other Tips and Tools

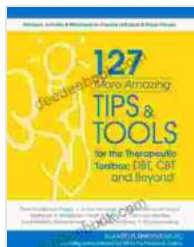
- **Use technology to your advantage.** There are many apps and websites that can help you with your therapeutic work.
- **Get involved in continuing education.** The field of mental health is constantly changing, so it's important to stay up-to-date on the latest research and techniques.
- **Seek supervision from a more experienced therapist.** Supervision can help you improve your clinical skills and provide support.
- **Take care of yourself.** It's important to take care of your own mental health in order to be able to help others.

These are just a few of the many tips and tools that you can add to your therapeutic toolbox. By using these tools, you can provide your clients with the best possible care.

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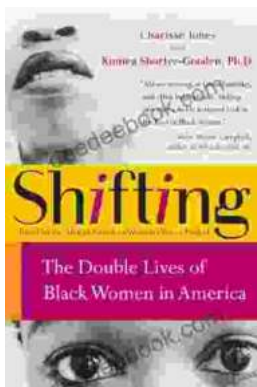
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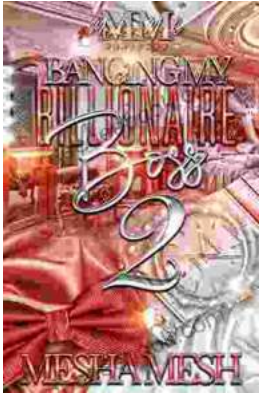
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