Contents

CHAPTER I	Introduction to Assessment	1
	Challenges of Doing an Effective Assessment 2 A Biopsychosocial-Systems Model 4 Seven Guiding Principles of Assessment 9	
	Conclusion 16	
CHAPTER 2	Tools for Assessment	17
OHAI TEN Z		17
	Methods of Assessment 17	
	Guidelines for Asking Questions 22	
	Guidelines for Using Assessment Instruments 25 Conclusion 31	
	Concusion 51	
CHAPTER 3	The Initial Interview	33
	What Is the Problem? 35	
	Assessing Client Goals 37	
	Other Expectations for Therapy 39	
	Assessing Client Motivation 40	
	Attempted Solutions 42	
	Concerns about Therapy or Therapist Competence 43	
	Identifying Strengths and Resources 44	
	Conclusion 46	
CHAPTER 4	Assessing Issues of Safety	48
OTTAL TER 4		10
	Suicide Assessment 48 Assessing Harm to Others 52	
	Child Abuse 54	
	Dependent and Elder Abuse 56	
	Domestic Violence 57	
	Conclusion 60	
	viii	

xiv Contents

CHAPTER 5	Assessing Health and Well-Being in Adults Beyond DSM Diagnosis 61 Stress and Coping 62 Assessing Physical Well-Being in Adults 67 Assessing Psychosocial Well-Being in Adults 72 Conclusion 77	61
CHAPTER 6	Assessing Adults for Psychopathology Individual Diagnosis and the DSM 78 Frequency and Demographics of Mental Disorders 80 Diagnostic Guidelines 81 Commonly Used Instruments 87 Specific Diagnoses Including Mnemonics and Screening Questions 88 Individual and Family Diagnosis 100 Conclusion 101	78
CHAPTER 7	Assessing Children and Adolescents Special Issues in Assessing Children and Adolescents 103 Challenges in Assessing Adolescents 107 Assessing Child and Adolescent Functioning 108 Case Examples Using the JUST PEOPLE Mnemonic 117 Assessment Instruments for Children and Adolescents 121 Conclusion 122	102
CHAPTER 8	Assessing for Psychopathology in Children and Adolescents Behavior Disorders in Children and Adolescents 126 Affective Disorders in Children and Adolescents 130 Substance Abuse 134 Pervasive Developmental Disorders 135 Eating, Sleeping, and Sex 137 Parents of Children with Mental Disorders 138 Conclusion 139	123
CHAPTER 9	Assessing Family Interaction Barriers to Effective Family Assessment 141 Questions to Begin Family Assessment 142 Systemic Family Assessment 144 Assessing Diverse Family Structures 152 Case Example of Jeremy 157 Integrating Family Functioning and Individual Functioning 159 Conclusion 160	140

Contents	X۷

CHAPTER 10	Assessing the Multigenerational Family through Time Genograms: Assessing the Multigenerational Family 165 Timelines: Assessment of Family Transitions 171 Sociograms: Assessing Families and Community Systems 182 Conclusion 183	162
CHAPTER 11	Assessing Couples Assessment Tools for Couples 185 A Structured Approach for Initial Couple Assessment 190 Assessing Couple Functioning: The Eight C's 191 Conclusion 210	184
CHAPTER 12	Special Topics in Couple Assessment Sexual Issues in Couple Therapy 211 Infidelity or Affairs 217 Premarital Counseling 221 Same-Sex Couples 224 Conclusion 226	211
CHAPTER 13	From Assessment to Treatment (and Beyond) Transforming Assessment Information into a Treatment Plan 229 Assessment during Treatment 235 Assessing Readiness for Termination 241 Conclusion 242	228
	Appendix	243
	References	247
	Index	261