This timely book is a valuable new resource that we recommend for all of our professionals and are proud to incorporate as part of our AFC® certification program. With expertise representing the breadth and depth of the financial counseling profession, the content in this text provides you with the foundational knowledge to introduce approaches including psychoanalytic, systemic, cognitive behavioral, Adlerian, constructivist, third wave, integrative, and mindfulness-based. Chapters also present practical applications and professional considerations, with a comprehensive look at how to work with diverse issues in couples therapy, such as substance abuse, domestic violence, sexual dysfunction, infidelity, aging, and much more. This third edition of Couples Therapy is an essential resource for students as well as mental health practitioners, social workers, and family counselors who are keen to better meet the needs of couples and the demands of the changing healthcare landscape.

"This text is a valuable new resource that we recommend for all of our professionals and are proud to incorporate as part of our AFC® certification program. With expertise representing the breadth and depth of the financial counseling profession, the content in this text provides you with a rigorous foundation of knowledge, considers critical theoretical models, and explores foundational skills of communication, self-awareness, and bias. This type of comprehensive approach aligns with our mission and vision—providing you with the foundational knowledge to meet clients where they are across the financial life-cycle and impact long-term financial capability." -Rebecca Wiggins, Executive Director, AFCPE® (Association for Financial Counseling and Planning Education®)
Readings in the Theory of Individual Psychology presents an overview of the central theoretical tenets and specific applications of a variety of major counseling theories. The text provides a comprehensive overview of financial counseling skills in accessible, practical detail for readers throughout the career span. Expert financial counselors, educators, and researchers refer to classic and current theories for up-to-date instruction on building long-term client competence, working with clients of diverse backgrounds, addressing problem financial behavior, and approaching sensitive topics. From these core components, readers have a choice of integrated frameworks for guiding clients in critical areas of financial decision-making. This essential work: offers an introduction to financial counseling as a practice and profession discusses the challenges of working in financial counseling explores the elements of the client/counselor relationship compares delivery systems and practice models features effective tools and resources used in financial counseling encourages counselor ethics, preparedness, and self-awareness a standout in professional development references, financial counseling equips students and new professionals to better understand this demanding field, and offers seasoned veterans a robust refresher course in current best practices.

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the beginnings of counseling and psychotherapy across the entire range of current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader the "who, what, where, how, and why" of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: approximately 335 signed entries fill two volumes available in a choice of print or electronic formats. Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books, journals, and organizations guide students to further resources beyond the encyclopedia. The Reader’s Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

Annotation Introduces the reader to Alfred Adler’s (1870? 1937) influential approach to psychotherapy, that human behavior is goal oriented and socially embedded, and emphasizing understanding individuals? characteristic ways of moving through life?the life style?before working toward change. Illustrates how Adler’s ideas have influenced current practice and highlights the short-term nature of its interventions with individuals, couples, families, and groups, as well as in educational settings. Readers will find a model of diagnosis that can be used to complement DSM diagnoses, many case examples to illustrate important Adlerian concepts, and helpful therapist-client dialogues with interpretive comments that show the counselor’s active approach to assessment and collaborative problem-solving.

An integrative approach to play therapy blending various therapeutic treatment models and techniques Reflecting the transition in the field of play therapy from a “one size fits all” approach to a more eclectic framework that integrates more than one perspective, Integrative Play Therapy explores methods for blending the best theories and treatment techniques to resolve the most common psychological disorders of childhood. Edited by internationally renowned leaders in the field, this book is the first of its kind to look at the use of a multi-theoretical framework as a foundation for practice. With discussion of integrative play treatment of children presenting a wide variety of problems and disorders—including aggression issues, the effects of trauma, ADHD, anxiety, obsessive-compulsive disorders, social skills deficits, medical issues such as HIV/AIDS, and more—the book provides guidance on: Play and group therapy approaches Child-directed play therapy with behavior management training for parents Therapist-led and child-led play therapies Cognitive-behavioral therapy with therapeutic storytelling and play therapy Family therapy and play therapy Bibliotherapy within play therapy An essential resource for all mental health professionals looking to incorporate play therapy into treatment, Integrative Play Therapy reveals unique flexibility in integrating theory and techniques, allowing practitioners to offer their clients the best treatment for specific presenting problems.

This text provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models. Appropriate for advanced undergraduates and graduate students, it offers a detailed description of the philosophical basis for each theory, along with historical context and a biography of the founder. Each chapter follows a similar format and explores the main features of the theory, including its approach to and ideas on personality development, human nature, the role of environment, the change process in therapy, and contributions and limitations to the mental health field. Theory-specific information on diagnosis, psychopharmacology, multicultural issues, spirituality, and gender issues is also discussed. These features will provide students with a deeper and more complete understanding of counseling theory than is available in any single resource and allow them to easily bridge classroom study to their future practice. This second edition of the text has been completely updated and includes more case examples, as well as a new chapter on Constructivist approaches. An online instructor’s manual with student resources is available and offers material to enhance the pedagogical features of the text.
fundamental concepts of Individual Psychology, framed on terms that make it possible to verify empirically many of these theoretical foundations. Sections of the book are organized into subject areas such as social interest, creative self, lifestyle, and family constellation, each containing seminal articles by Adler, Dreikurs, and other founding thinkers, and introduced with an original essay by a contemporary scholar. Readings in the Theory of Individual Psychology informs the reader of the recent and current theory in Individual Psychology, presented in order to generate new empirical research and future directions for development. Slavik and Carlson have pulled together a truly unique source for current thinking and theorizing in the field, providing the next generation of researchers, scholars, and scientists with the tools to move Individual Psychology into its next phase of refinement.

For almost three millennia, philosophy and its more pragmatic offspring, psychology and the cognitive sciences, have struggled to understand the complex principles reflected in the patterned operations of the human mind. What is knowledge? How does it relate to what we feel and do? What are the fundamental processes underlying attention, perception, intention, learning, memory, and conscious ness? How are thought, feeling, and action related, and what are the practical implications of our current knowledge for the everyday priorities of parenting, education, and counseling? Such meaningful and fascinating questions lie at the heart of contemporary attempts to build a stronger working alliance among the fields of epistemology (theories of knowledge), the cognitive sciences, and psychotherapy. The proliferation and pervasiveness of what some have called "cognitivism" throughout all quarters of modern psychology represent a phenomenon of paradigmatic proportions. The (re-)emergence of cognitive concepts and perspectives—whether portrayed as reevolutionary (reactive) or evolutionary (developmental) in nature—marks what may well be the single most formative theme in late twentieth century psychology. Skeptics of the cognitive movement, if it may be so called, can readily note the necessary limits and liabilities of naive forms of metaphysics and mentalism. The history of human ideas is writ large in the polarities of "in here" and "out there"—from Plato, Pythagoras, and Kant to Locke, Bacon, and Watson.

Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in–depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence–based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice–based evidence Showcasing the latest research, theory, and evidence–based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

First published in 2002, in this innovative book two leading practitioners tell the stories of the people they have met as clients and how they, as therapists, tried to help them. Through compelling case studies, Peven and Shulman invite the reader into their thoughts and feelings about their clients, their processes and treatment techniques, and their subsequent successes and failures. The authors describe a cognitive, constructivist, interpersonal, dynamic approach based primarily on the principles of Alfred Adler's Individual Psychology. The case studies represent several different DSM-IV diagnostic categories, and the authors offer their own theoretical perspectives and treatment methods for each category. With compassion, insight, and skill, the authors take complicated material and present it in a clearly written and easy to understand fashion.

There is no available information at this time.

Over the past 20 years, there has been growing interest in integration among psychotherapy theorists and practitioners. Historically, allegiance to specific theories or "systems" of psychotherapy was emphasized and even expected by particular "schools of thought." However, the current zeitgeist emphasizes common ground and convergent themes. Within this context is Adlerian theory/therapy, having originated in the first half of the 20th century relevant for today's integrative discussion. The diverse authors in this book demonstrate that the Adlerian approach soundly resonates with contemporary cognitive and constructivist therapies, and is indeed a relevant "voice" for inclusion in contemporary dialogues regarding integration. Part I includes chapters by Adlerian and Constructivist authors. Part II includes perspectives from Adlerian and Cognitive therapists. Part III presents responses to the prior chapters representing all three systems approaches.

Cognitive Behavioral Art Therapy explores the intersection of art therapy practices and principles within cognitive-behavioral therapy (CBT) theories and models. This timely new resource examines CBT theory as it relates to art
Theories and Applications of Counseling and Psychotherapy provides students with the foundational knowledge needed to implement various therapeutic approaches in individual and family counseling. The dynamic author team of Earl J. Ginter, Gargi Roysircar Sodowsky, and Lawrence H. Gerstein presents theories through a multicultural and social justice-oriented lens, including evidence to support each theory. Students will embrace chapter concepts through vibrant illustrations and relevant examples from movies, TV shows, news articles, and other sources presented throughout.

A Primer of Adlerian Psychology offers an accessible, yet very learned, introduction to Adlerian Psychology. Also known as Individual Psychology, the approach stresses the unity of the individual, the subjective choices he or she makes and the goals the individual works towards or she moves through life. Therapists can apply this theory in a variety of settings with populations of all ages, making it a highly practical and valuable approach. Written by two scholars with extensive knowledge and experience in this school of thought, this book covers the basic tenets of Individual Psychology geared toward those students and clinicians who are yet unfamiliar with Adler's work.

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In this second edition of Relational-Cultural Therapy (RCT), Judith V. Jordan explores the history, theory, and practice of relationship centered, culturally oriented psychotherapy. Since the first edition, RCT has been widely embraced, with new research and applications, including developing curricula in social science graduate programs, providing a theoretical frame for an E.U.-sponsored symposiums, and enhancing team-building in workplaces.

A step forward from the traditional textbook on counseling theories, Theories of Counseling and Psychotherapy: An Integrative Approach offers students a comprehensive overview of past and current approaches to psychotherapy and counseling, with a modern approach to theories of psychotherapy. An extensive array of mainstream theories, as well as contemporary approaches such as narrative, feminist, LGBT, and post-modern, are covered. Author Elsie Jones-Smith helps readers to construct their integrated approach to psychotherapy by learning how to develop a broad range of therapeutic expertise to meet the needs of a culturally diverse clientele. In addition to listing and describing theories, this text compares and contrasts them to show their strengths and weaknesses. The Third Edition includes a new chapter on trauma-informed counseling/psychotherapy and provides updated references, sections, and studies reflecting the latest developments within the helping professions. Included with this title: The password-protected Instructor Resource Site (formally known as SAGE Edge) offers access to all text-specific resources, including a test bank and editable, chapter-specific PowerPoint® slides. Learn more.

Theories of Counseling and Psychotherapy in Action Video Demonstrations are available to bundle with this text for only $15 more! In this rich video compilation, SAGE author Dr. David Hutchinson demonstrates a range of established and newer techniques as he helps a single client, Tyler, a mixed-race adolescent who is facing various challenges. Demonstrations include the following approaches: Person-Centered Motivational Interviewing Cognitive-Behavioral Feminist Existential Multicultural Strengths-Based Neuroscience/Biological Watch this sample clip discussing multicultural approaches to learn more. Use Slimpack + Hardcover bundle ISBN: 978-1-0718-1997-5

Used in top counseling, psychology, and social work programs and now in its tenth edition, CURRENT PSYCHOTHERAPIES helps readers learn, compare, and apply the major systems of psychotherapy in a way that will be meaningful in their own practices. Each contributor is either an originator or a leading proponent of one of the systems, and presents the basic principles of the system in a clear and straightforward manner, discussing it in the context of the other systems. Theory chapters include a case example that guides readers through the problem, evaluation, treatment, and follow-up process. CASE STUDIES IN PSYCHOTHERAPY, which accompanies the book, offers corresponding cases that demonstrate the basic techniques and methods of the theory being illustrated. Available with InfoTrac Student Collections http://gocengage.com/infotrac. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Adlerian Psychotherapy gives an account of Adlerian therapy and counselling from its origins to the present day, and proposes an advanced version of the theory. The main principles and concepts of Adler's thinking are re-examined from a contemporary perspective, placing them in the context of other contemporary approaches. Adler's techniques are described then applied to an understanding of what an Adlerian approach to family life
would look like, using clinical examples throughout. The authors analyse the possible contribution of Adlerian theory in the context of the challenges of postmodern thought and postmodern society. It will be invaluable to professionals, practitioners and students of counselling and psychotherapy.

Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

This book provides an introduction and overview to Alfred Adler’s person-centered approach to psychotherapy. In Adler’s view, all behavior has social meaning, and the socio-cultural context of a person’s life is a driving influence on their mental health and life experiences.

Adlerian Counseling and Psychotherapy, now in its fifth edition, remains a classic text for students and an essential resource for practitioners of all levels of experience. Reviewers have consistently lauded the book in previous editions for its clarity, concise focus, and use of many practical applications. It explains and illustrates individual, group, and couples work with children, adolescents, and adults of all ages. It highlights Adler’s and Dreikurs’s unique contributions to child guidance, lifestyle assessment and early recollections, and why it has been rated the most multicultural appropriate theory among counseling approaches. The fifth edition presents a fresh organization and an even clearer structure. A new emphasis is placed on the distinction between counseling and psychotherapy, as practiced from the Adlerian perspective. Additional chapter activities and review questions are added throughout the text, and all previous material is updated and refreshed.

Psychotherapy has undergone major changes in recent years, with a variety of new approaches including cognitive-behavioural therapy joining the more traditional and widespread schools of thought. These new approaches all share the epistemological assumption of constructivism, which states that there are alternative ways of looking at events and that we interpret events according to how we see the world. Constructivist Psychotherapy reviews the constructivist trends in psychotherapy which link these new approaches, allowing the reader to enter an entirely new dialogue. The book traces constructivist thought, elaborating on Kelly’s personal construct theory and the implications for psychotherapeutic theory and practice. Areas of discussion include: the therapist’s understanding of the client’s narrative a constructivist understanding of the person psychological constructivism and constructivist trends in psychotherapy Setting constructivist psychotherapy within its therapeutic, social and philosophical context and using case studies throughout, the book revisits ‘Kellian’ ideas and theories, bringing them up to date, to explore what it is to be a constructivist psychotherapist today. As such this book will be of interest to all psychotherapists, as well as anyone with an interest in the psychotherapeutic field.

The most current trends in solution-focused counseling are explored in the latest edition of this updated and expanded text. Dr. Guterman provides a comprehensive and straightforward discussion of solution-focused theory and describes how the model can be used throughout the therapeutic process. Clinical techniques and detailed case studies illustrate counseling with clients experiencing a range of problems, including depression, substance abuse, grief, morbid jealousy, and trichotillomania. New chapters and sections in this edition address anxiety, eating disorders, migraine headache, psychosis, spiritual and religious problems, self-injurious behavior, and suicide. Additional features include excerpts of dialogue from actual counseling sessions, sample forms and supplementary materials, and troubleshooting tips for getting unstuck in difficult cases. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

This Provider’s Guide introduces a comprehensive and developmentally appropriate treatment program, Pathways for Self-Discovery and Change (PSDC), which provides the specific tools necessary for improving evaluation and treatment of at-risk youth, a particularly vulnerable patient population in the justice system. Using an adolescent-focused format, this protocol identifies psychological, biological, and social factors that contribute to the onset of...
adolescent deviance, and establishes guidelines for delivery of a 32-session treatment curriculum designed to rehabilitate both male and female adolescents with co-occurring substance abuse and criminal conduct. Now in its Second Edition, this guide provides treatment practitioners, program evaluators, and youth services administrators with the most up to date, comprehensive, and accessible information for the treatment and rehabilitation of juvenile justice clients. It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients, as well as feedback over the past seven years from PSDC counselees, treatment providers, and program administrators.

For practitioners and advanced students of psychotherapy, introduces the notion that the field of counseling has developed paradigms within which the prevailing theories function, and examines four of them: organic-medical, psychological, systemic-relational, and contextual. Acidic paper. Annotation copyrighted by Book News, Inc., Portland, OR

`An introductory text that applies a down-to-earth approach to a diversity of 23 therapeutic approaches within counselling and psychotherapy, it was actually a pleasure conducting the review and having to read over the outlined models. It is a definite entry for counselling training courses and will offer plenty of ideas for those teaching as well as training. It is fun to read and offers numerous ideas of how to put into place counselling techniques` - Counselling Psychology Review This essential guide to the range of approaches used in current practice covers all of the major schools of counselling and psychotherapy, as well as many that are less well known. Ideal as a first textbook for student counsellors or psychotherapists, Introduction to Counselling and Psychotherapy will help them locate their initial training within the broad context of different therapeutic approaches and help them to discover the specific areas to which they feel the greatest leaning. Each chapter introduces a specific approach and includes: a clear explanation of the core concepts and their use in practice; an illustrative case study; profiles of the clients who benefit most from the approach; advice on further reading; and issues for discussion. The book also features a substantial glossary of terms.

Featuring important theories and trends not covered in other foundational texts, this book is designed to equip the next generation of counselors with the tools they need for understanding the core dimensions of the helping relationship. Topical experts provide contemporary information and insight on the following theories: psychoanalytic, Jungian, Adlerian, existential, person-centered, Gestalt, cognitive behavior, dialectical behavior, rational emotive behavior, reality therapy/choice theory, family, feminist, transpersonal, and—new to this edition—solution-focused and narrative therapies, as well as creative approaches to counseling. Each theory is discussed from the perspective of historical background, human nature, major constructs, applications, the change process, traditional and brief intervention strategies, cross-cultural considerations, and limitations. The use of a consistent case study across chapters reinforces the differences between theories. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here.

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Since the beginning of the concepts of family therapy, mental health professionals have known that the family -- the system -- is a powerful source of support for change or a powerful force for resistance to change. Some professionals work with individuals, some with families and some with groups. However, all work with the context of the systems -- family, group, community, country, etc. Students, especially beginning students, are overwhelmed and confused at the variety of approaches to working with clients. Many programs introduce students to individual as well as systems concepts in the course of training. Students need assistance in learning this variety of theories. They need to be able to compare and contrast theories and techniques to determine when and where to utilise the best skills in order to facilitate client change. Dr. Karin Jordan has compiled a comprehensive text that enables the students to discover each theory as it is presented in its purist form. The text is accessible yet the content provides comprehensive knowledge of each theory. Dr. Jordan has brought together the master educators and clinicians in our fields to write about their particular expertise.

This breakthrough edition of Theories of Counseling and Psychotherapy: An Integrative Approach, by Elsie Jones-Smith, sets a new standard in counseling theories books. The Second Edition goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuroscience and neuropsychotherapy, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

Although educational theories are presented in a variety of textbooks and in some discipline specific handbooks and encyclopedias, no publication exists which serves as a comprehensive, consolidated collection of the most influential and most frequently quoted and consulted theories. There is a need to put such theories into a single, easily accessible volume. A unique feature of the Handbook is the way in which it conveys the theories. The organization of the chapters within each section makes the volume an easy-to-use and understandable reference tool as researchers and practitioners seek theories to guide their research and practice and as they develop theoretical frameworks. In addition to the traditional theories presented, the Handbook includes emerging theories for the 21st Century as well as presenting practical examples of the use of these theories in research from
Constructivist psychotherapy focuses on the meaning that clients attribute to their world, and the way that this shapes their life and contributes to their difficulties. In this book, Robert A. Neimeyer, a leading figure in the field, provides a clear and accessible explanation of the key features of this approach. Constructivist Psychotherapy: Distinctive Features concentrates on the 30 key commitments that distinguish constructivism from other cognitive behavioural perspectives. Divided into two sections – Theory and Practice – this straightforward book is illustrated throughout with case material and recent research findings. Neimeyer provides us with a fresh perspective on developmental and interactional theories, (c) validation of the theory, (d) generalizability of the theory across cultures, ethnicities, and genders, (e) the use and application of the theory, (f) critiques of the theory, (g) any instruments associated with the theory, and (h) two to five particular studies exemplifying particular theories as individuals have used them in theoretical framework of dissertations or published articles and be written by the original theorist or prominent contributors to the theory. The Handbook is intended for graduate students enrolled in research courses or completing theses and dissertations. Additionally, professors of all educational disciplines in the social sciences would be an interested audience. There is also potential use of the text as administrators, counselors, and teachers in schools use theory to guide practice. As more inquiry is being promoted among school leaders, this book has more meaning for practitioners.

Reflecting the latest practices from the field, the comprehensive THEORIES OF PSYCHOTHERAPY AND COUNSELING: CONCEPTS AND CASES, 6th Edition equips readers with a solid understanding of the systematic theories of psychotherapy and counseling. A proven author and popular professor, Dr. Richard Sharf combines a thorough explanation of concepts with insightful case summaries and therapist-client dialogues that illustrate techniques and treatment in practice. Dr. Sharf demonstrates how to apply theories to individual therapy or counseling for common psychological disorders—such as depression and generalized anxiety disorders—as well as how to apply them to group therapy. For major theories, the text includes basic information about background, personality theory, and theory of psychotherapy to help readers understand the application of psychotherapy theory. In addition, insight into the personal lives and philosophical influences of theorists helps explain how the theorists view human behavior. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Named an Outstanding Academic Title for 2009 by Choice! "Marini and Stebnicki, both professors and scholars in rehabilitation counseling, have compiled an extremely useful and practical counseling resource covering a variety of topics at undergraduate and graduate levels, and new counselors will find this a valuable tool. This unique volume is a great addition for college and university libraries Highly recommended." —Choice "An excellent resource for the counseling student as well as the practicing counselor. It is well-written and comprehensive without being overwhelming. A must for every counselor's and future counselor’s library!" —Donna Falvo, PhD, CRC, Professor, The University of North Carolina at Chapel Hill Medical School "I found the chapters to be well-written, organized in a clear manner, and presented in a balanced way. This is a reference work that people will want to keep." —Gerald Corey, EdD, ABPP, Professor, California State University (From the Foreword)
Guidelines for conducting interviews and assessments with culturally diverse clients, as well as treatment protocols that suggest evidence-based practices. Discussions on counselor impairments such as empathy fatigue, and developing a plan of self-care to prevent counselor burnout. A comprehensive self-exam of 323 multiple-choice items based on the CORE/CACREP core content and knowledge areas for counselor education and training. This invaluable reference guide is the most current source related to professional counseling issues, ethics, theories, and practices. Marini and Stebnicki provide a wide range of culturally diverse treatment approaches that will expand the counseling profession’s knowledge, awareness, and skills.

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