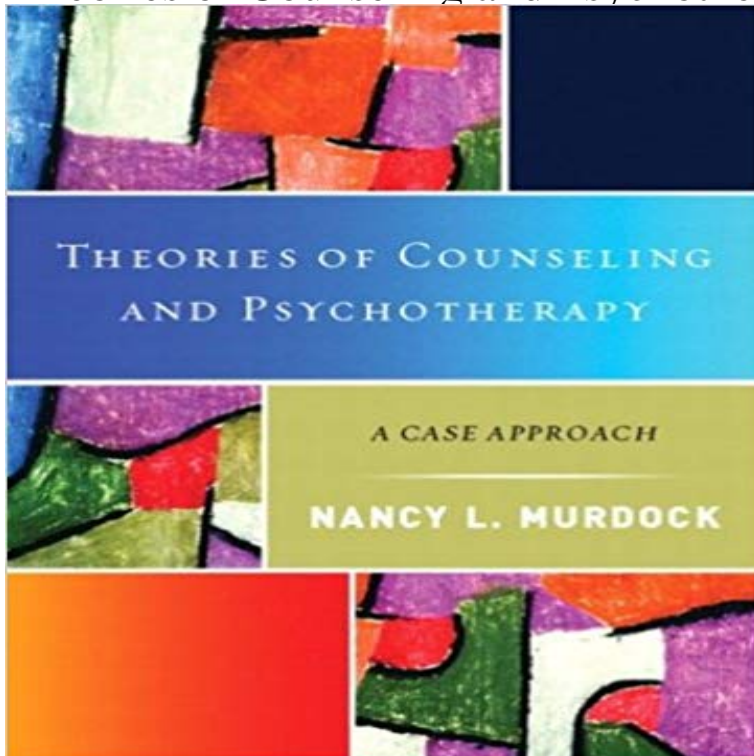


## Theories of Counseling and Psychotherapy: A Case Approach



This book examines with clarity and wit theories of counseling and psychotherapy. It is the first and only counseling theories book that begins each chapter with a case study, which is then integrated throughout each chapter. Gender and cultural issues are carefully considered, and the author covers each topic with enough depth that allows readers to easily understand the key ideas being presented. The book describes the approach each theory presented takes to counseling, the counseling techniques it employs, and its views of the counselors and clients roles in therapy. For each theory discussed in the book the author presents the basic philosophical assumptions, its beliefs about what motivates human behavior, its central constructs, its picture of how humans develop, its ideas about what constitutes mental and emotional health and dysfunction, its perspective on how our relationships with those around us impact our functioning, and its view of how our behavior, thoughts, and emotion impact our functioning. Theories include: psychoanalysis, individual psychology, person-centered therapy, behavior therapy, rational emotive behavior therapy, cognitive therapy, reality therapy, gestalt therapy, interpersonal approaches to psychotherapy, family systems therapy, solution focused therapy, and feminist therapy. An excellent desk reference for counselors and psychotherapists.

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