

Theories of Counseling and Psychotherapy



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The only theory text to provide truly integrated discussion of multicultural competencies and clients, this current and practical resource has been revised and reorganized to make it more user friendly. In response to requests from many reviewers, the Sixth Edition of *Theories of Counseling and Psychotherapy: A Multicultural Perspective* has broken out more of the theoretical approaches into their own dedicated chapters, including new, highly-praised chapters on Positive Psychology and Feminist Counseling and Therapy. The text continues to be the most detailed and specific of all texts in terms of helping students actually practice counseling and therapy. The Competency Building features provide readers with specifics of how to use major strategies, allowing practical demonstration that they can actually engage in the theory as well as understand it. The new edition features a revised chapter (1) on Charting the Theoretical Changes in Counseling and Psychology, a NEW Chapter (2) on The Multicultural-Feminist-Social Justice Movement, a NEW Chapter (3) on the influence of Positive Psychology and Wellness Counseling on the field, a NEW Chapter (6) on Adlerian and Jungian Counseling and Therapy, a NEW chapter (8) on Rational-Emotive-Behavioral Therapy (REBT) and Reality Therapy, a NEW chapter (11) on Feminist Counseling and Therapy, and NEW "Extensions of Counseling and Therapy" features in every chapter expand students' perspectives for

applying their knowledge, training, and skills in real world settings.

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