Theories of Counseling and Psychotherapy

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Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills categorizes theories by their focus (background; emotions and sensations; thoughts; or actions). This structure helps students better understand similarities and differences among theories and provides an overarching framework that other texts lack. The book explores both established and emerging treatment systems. Using skill development sections, diverse case studies and innovative exercises, the text moves beyond traditional texts to directly connect counseling theories to clinical practice. It reflects current knowledge about effective treatment, theories and interventions, and continually promotes readers' skill development and confidence. By the end of the text, readers will have an introduction to the theoretical foundations of the field and the basic clinical skills needed to be an effective helping professional.

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目录:

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