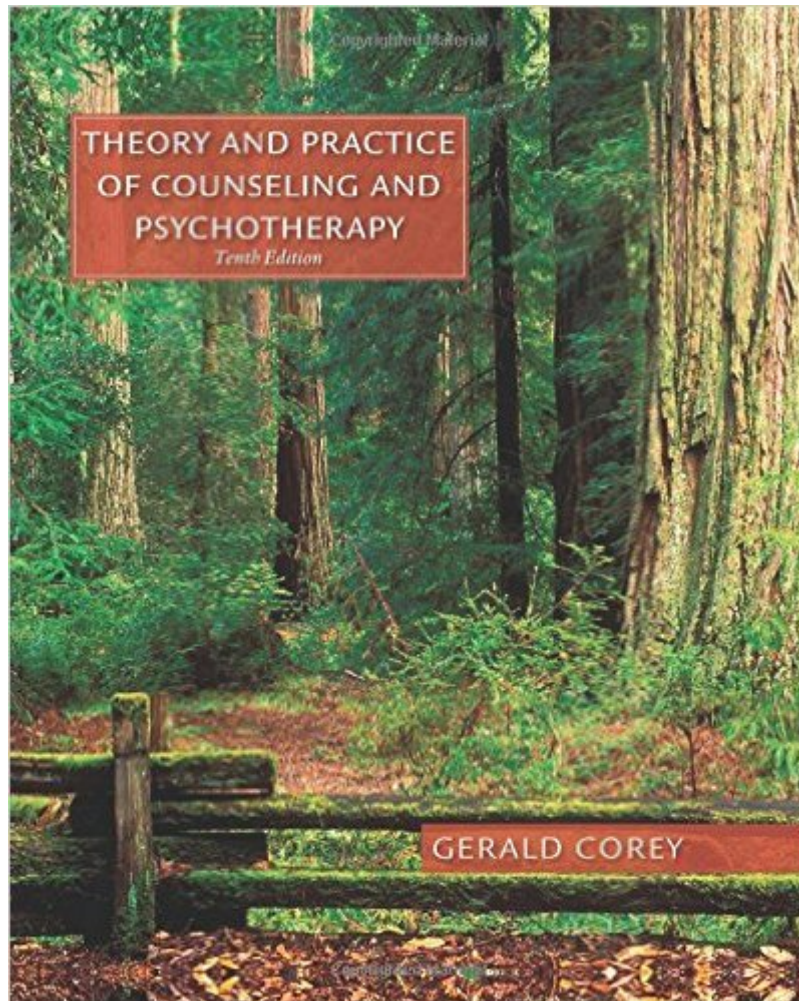


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# Theory And Practice Of Counseling And Psychotherapy



## Synopsis

Incorporating the thinking, feeling, and behaving dimensions of human experience, the tenth edition of Corey's best-selling book helps students compare and contrast the therapeutic models expressed in counseling theories. Corey introduces students to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, postmodern, and integrative approaches) and demonstrates how each theory can be applied to two cases ("Stan" and "Gwen"). With his trademark style, he shows students how to apply theories in practice, and helps them learn to integrate the theories into an individualized counseling style.

## Book Information

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[Examples to Illustrate Techniques](#) All theory chapters are honed and updated, some with new clinical examples to illustrate techniques. New, revised, or expanded topics include relational psychoanalysis, the role of countertransference, (Ch. 4); Adlerian Therapy, assessment and diagnosis, new examples that bring Adlerian concepts to life reorientation and encouragement process (ch.5); international developments of existential therapy, the main aims of existential therapy (Ch. 6); clients as active self-healers, motivational interviewing, emotion-focused therapy (Ch. 7); therapist presence and the therapeutic relationship in Gestalt therapy, and the contemporary relational approach to Gestalt practice (Ch. 8). [Develop Your Personalized Counseling Style](#) A framework for creatively synthesizing the therapeutic models, along with

step-by-step guidelines, enhances the book's focus on helping students draw from the various theoretical models to develop a personalized counseling style. Prepare for The Realities of Practice Corey's discussion of current ethical and professional issues facing counseling and human service professionals prepares students for the realities of practice. The chapter on ethics features the revised ACA 2014 Code of Ethics. Design Your Own Integrative Approach to Counseling Practice A concluding chapter shows students how to integrate the various theories and how to design their own integrative approach to counseling practice. The cases of Stan and Gwen are illustrated with the therapists working from an integrative perspective. Summary charts allow for comparisons among the theories. New and expanded topics include the central role of the client in determining therapy outcomes, the case for practice-based evidence rather than evidence-based practice, and the trend toward accountability in counseling.

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