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each major theory
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theories. Organizing
theories into four
broad themes

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(Background, Emotions, Thoughts, and Actions), authors underscore key similarities and differences in each approach.

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framework that other
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lead to effective,
ethical practice.

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The authors cover the
history, key figures,
research base,
multicultural
implications, and
practical applications

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of the following And
theoretical
perspectives:
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Behavioral, Cognitive-
Behavioral, Choice
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Therapy, Feminist,
Constructive, Family
Systems,
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Some currently preferred humanistic counseling therapies include person-centered, existential, emotion-focused, Gestalt and positive psychology.

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Cognitive: Cognitive counseling theories hold that people experience psychological and emotional difficulties when their thinking is out of sync with reality. When this distorted or "faulty" thinking is applied to problem-solving, the result understandably leads to faulty

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Phobia Workbook: 4th
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Attitudes Of
Gratitude by M. J.
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Brian F. Shaw And
(Author), A. John
Rush (Author), Gary
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~~Theory References~~

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theories provides
skills-based practice
in basic counseling
skills throughout the
course. Course
Objectives: upon
completion of this
course, students will
be able to identify,
utilize, and explain the
following areas of the

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Counseling profession
based on an
understanding of the
following 2016

CACREP Standards:

1.

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What reviewers have
to say about Theories
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Skills, Theories
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established
counseling theories.
Each theory chapter
begins with a brief
overview of the
approach and a

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biographical sketch of its developer, and then moves on to the theory's key concepts, therapeutic process, therapeutic techniques and procedures, application and current use, and strengths and limitations.

~~Theories of~~

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Organizing theories
into four broad

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themes (Background, Emotions, Thoughts, and Actions), authors underscore key similarities and differences in each approach.

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selling text introduces students to the major theories of counseling (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist and, NEW to this edition, postmodern approaches) and demonstrates how

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each theory can be applied to a single case (Stan).

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