



Second Edition

COUNSELING AND PSYCHOTHERAPY THEORIES

IN CONTEXT AND PRACTICE

S T U D Y G U I D E

JOHN SOMMERS-FLANAGAN
RITA SOMMERS-FLANAGAN

Counseling And Psychotherapy Theories In Context And Practice Study Guide

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comprehensive text covers all the major theories in counseling and psychotherapy along with an emphasis on how to use these theoretical models in clinical practice The authors cover the history key figures research base multicultural implications and practical applications of the following theoretical perspectives Psychoanalytic Individual Adlerian Existential Gestalt Person Centered Behavioral Cognitive Behavioral Choice Theory Reality Therapy Feminist Constructive Family Systems Multicultural and Eclectic Integrative This text has case examples that bring each theory to life The entire book has been updated with the latest research and techniques Pedagogical features include learner objectives Putting It in Practice boxes questions for reflection case examples and treatment planning and chapter summaries Every theory is examined from cultural gender sexual and spiritual perspectives The instructor supplement package includes a Respondus test bank chapter outlines supplemental lecture ideas classroom activities and PowerPoint slides Video demonstrations corresponding to every major theory and linked to each chapter s contents In addition a WPLS course will be available after publication Expanded video elements closely tied to sections of the text New visuals including graphics charts and tables to facilitate student understanding of theories and how they relate to one another Increased coverage of multicultural and ethical issues in every chapter Cultural gender sexuality and spiritual issues are integrated into every chapter The Sommers Flanagan s hands on practical approach emphasizes how students and practitioners can apply these theories in real world practice Students are empowered to develop theoretically sound and evidence based approaches to conducting counseling and psychotherapy

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thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice based evidence Showcasing the latest research theory and evidence based practice in an engaging and relatable style Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value

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