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Nota di contenuto	SECTION I: The value of theory to reflective practice -- 1. Theory and the reflective practitioner / Richard C. Parsons -- 2. Multicultural considerations : within and beyond traditional counseling theories / Dong Xie -- 3. Case conceptualization: The case of Y-Chun / Naijian Zhang & Richard D. Parsons -- SECTION II: Theories and their applications -- 4. Freud and psychoanalytic theory / Faith Deveaux -- 5. Individual psychology: Alfred Adler / Robyn L. Trippany-Simmons, Matthew R. Buckley, Kristin Meany-Walen, Tiffany Rush-Wilson -- 6. Existential counseling and psychotherapy / Mark B. Scholl, Mike Walsh, & Michelle Perepiczka -- 7. Carl Rogers and client-centered counseling / Marjorie C. Witty & Ray Adomaitis -- 8. Gestalt therapy / Joseph Spillman & Christina M. Rosen -- 9. Cognitive-behavioral theories /

Julia Porter --

10. Behavior theory / Barbara Trolley & Christopher Siuta -- 11. Reality therapy / David A. Scott & Hannah G. Barfield -- 12. Solution-focused therapy / Brand Flamez & Joshua C. Watson -- 13. Relational-cultural theory in the context of feminism / Kristi B.Cannon, Jason Patton, & Stacey L.Reicherzer -- 14. Family and couples therapy / Rebecca Goldberg -- SECTION III: Looking to the future -- 15. Seeking integration / Adam Zagelbaum, Maureen Buckley, Shana Friedman, and Kalia Gurnee -- 16. East meets West: Integration and complementation / Michael G. Laurent & Shengli Dong.

Sommario/riassunto

"This text presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors."--
