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Autore	Brower Aaron M
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Altri autori (Persone)	NuriusPaula
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Nota di contenuto	Cover page; Contents; Acknowledgments; Foreword; Preface; Chapter 1 - Introduction; Chapter 2 - Characteristics of a Cognitive-Ecological Model; Chapter 3 - The Niche and the Self-System: Basic Elements for Working With the Cognitive-Ecological Model in Direct Practice; Chapter 4 - Goal Striving, Possible Selves, and Possible Niches; Chapter 5 - Social Perception and the Practitioner; Chapter 6 - Assessment; Chapter 7 - Goal-Setting and Contracting; Chapter 8 - Intervention Planning and Implementation; Chapter 9 - Feedback and Follow-Through; Epilogue; Appendix: Case Study: Jeanne; References Author Index Subject Index; About the Authors
Sommario/riassunto	This clearly-written book provides an introduction to a cognitive-ecological approach to counselling and clinical practice. The authors examine theoretical underpinnings and key components, and discuss the strengths and limitations of the approach. They present examples that show practitioners how the model can enhance work with clients and apply it to relevant stages of practice - including assessment, goal setting and intervention planning.