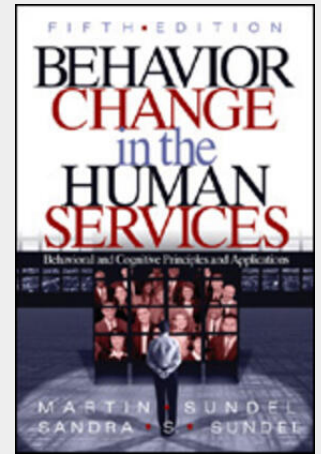


Sundel

Behavior Change in the Human Services

Behavioral and Cognitive Principles and Applications

Behavior Change in the Human Services, Fifth Edition continues to provide a systematic introduction and overview of behavioral and cognitive principles and their applications to a wide range of problems and situations encountered in the human service professions. Designed for students and practitioners, the book uses a unique problem-solving framework to demonstrate how behavior change principles can be applied to practice situations. Behavior Change in the Human Services, Fifth Edition features a detailed and sequential organization that encourages readers to move progressively through material of increasing complexity and to conduct self-assessments of their knowledge. The Fifth Edition includes eight clinical case studies and many new and engaging examples that address issues such as substance abuse, child behavior problems, assertiveness, marital discord, and developing appropriate social behaviors. The expanded chapter on intervention techniques incorporates empirically tested behavioral and cognitive strategies for addressing clinical problems such as phobias, anxiety disorders, depression, and other behavioral disorders. Current developments and trends in the field are discussed, including the movement toward evidence-based practice. This comprehensive yet accessible text also features figures, charts, and forms to demonstrate data collection and analysis. Any student pursuing a career in the helping professions, including social work, psychology, counseling, special education, nursing, and psychiatry, will find this book valuable.



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