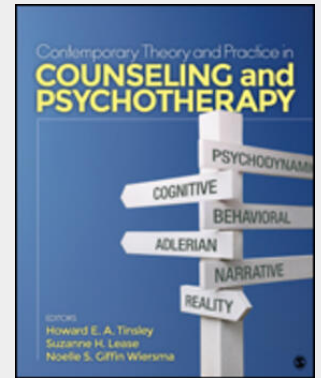


## Contemporary Theory and Practice in Counseling and Psychotherapy

This comprehensive, topically arranged text provides a contemporary account of counseling theories as practiced by internationally acclaimed experts in the field. Each chapter covers the way mindfulness, strengths-based positive psychology, and the common factors model is integrated into the theory. A special emphasis on evidence-based practice helps readers prepare for their work in the field. Key Features - The text focuses on how each theory presents a useful and effective basis for contemporary practice, providing students with the most up-to-date scholarship on current theories and how these theories guide the practice of today's counselors and psychotherapists. - Chapters are written by internationally acclaimed experts offering a truly global and complete perspective of the field. - Discussion of the pros and cons of each theoretical approach allows students to explore all sides of an approach, offering an opportunity for balanced, critical analysis of the material. - Brief therapies or "manualized" approaches, developed in response to the limits imposed by insurance companies on the number of reimbursable therapy sessions per client, are addressed, as many theoretical approaches offer strategies for providing these therapies. - Careful discussion in every chapter of the applicability of theories to a diverse client population allows readers to address the specific needs of a broader clientele while acknowledging gender, race, age, sexual orientation, religion, etc. - Integrated coverage of and a separate chapter on evidence-based practice introduce students to what is becoming the expected standard for effectively working with clients. - Lists of additional resources from expert contributors allow students to further explore the concepts presented.



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