



Counseling and Psychotherapy: Theories and Interventions

By David Capuzzi, Douglas R. Gross

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Editorial Review

From the Publisher

Thorough and authoritative, this broad-based new text offers students a comprehensive introduction to currently-used theories of counseling and psychotherapy, along with the background necessary for evaluation and construction of a personal counseling identity. Individual chapters, written by experts in each theory, explore twelve theories of counseling -- their history, how they relate to human nature, their major constructs, the change process they engender, intervention strategies they provide, and supporting research -- and apply each theory to The Case of John, an ongoing case study which helps illustrate commonalities and differences between theories.

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