

Counseling Theories Comparison Chart

Theory name	Emphasis on human nature	Root psychological problem	Therapeutic approach
Psychoanalytic	Conflicts within the unconscious shape thoughts, feelings, and behaviors	Unresolved childhood experiences, defense mechanisms	Dream analysis, free association, exploration of unconscious
Adlerian	Strive for superiority, belonging	Feelings of inferiority, lack of social connection	Encouragement, tasks to build self-esteem & social connection
Existential	Freedom and responsibility in the face of absurdity	Anxiety about creating meaning in life	Finding meaning & responsibility in choices
Person-centered	People are inherently good and capable of self-growth	Negative self-image, incongruence between ideal & real self	Unconditional positive regard, empathy, genuineness
Gestalt	Focus on present experience, self-awareness	Unfinished business, blocked emotions	Awareness exercises, integrating unfinished business
Behavior	Learned behaviors influence well-being	Unwanted behaviors reinforced by environment/negative social modeling	Conditioning techniques, exposure therapy, skills training
Cognitive behavior theory (CBT)	Thoughts, behaviors, emotions interact	Unhealthy thought patterns, learned behaviors	Cognitive restructuring, exposure therapy, behavioral techniques
Reality	Meeting basic needs for mental health, people have control over themselves	Unmet basic needs, distorted perceptions	Fulfilling basic needs, reality testing
Feminist	Focuses on gender roles & power dynamics	Gender oppression, societal expectations	Empowerment, challenging societal norms
Postmodern	Challenges grand narratives, emphasizes social constructs	Dominant maladaptive narratives lead to negative identity construction	Recognizing client strengths and the language creates meaning, deconstructing narratives, exploring power dynamics
Family systems	Individuals function within a system	Family dynamics, unhealthy communication patterns	Family therapy techniques to improve communication & interaction

Reference: Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.

Theories Of Counseling And Psychotherapy

Cecil Holden Patterson



Theories Of Counseling And Psychotherapy:

Theories of Counseling and Psychotherapy Elsie Jones-Smith, 2019-12-18 A step forward from the traditional textbook on counseling theories *Theories of Counseling and Psychotherapy An Integrative Approach* offers students a comprehensive overview of past and current approaches to psychotherapy and counseling with a modern approach to theories of psychotherapy An extensive array of mainstream theories as well as contemporary approaches such as narrative feminist LGBT and post modern are covered Author Elsie Jones Smith helps readers to construct their integrated approach to psychotherapy by learning how to develop a broad range of therapeutic expertise to meet the needs of a culturally diverse clientele In addition to listing and describing theories this text compares and contrasts them to show their strengths and weaknesses The Third Edition includes a new chapter on trauma informed counseling psychotherapy and provides updated references sections and studies reflecting the latest developments within the helping professions Included with this title The password protected Instructor Resource Site formally known as SAGE Edge offers access to all text specific resources including a test bank and editable chapter specific PowerPoint slides *Theories of Counseling and Psychotherapy* Cecil Holden Patterson, 1986 **Theory and Practice of Counseling and Psychotherapy** Gerald Corey, 2009 **Counseling and Psychotherapy Theories in Context and Practice** John Sommers-Flanagan, Rita Sommers-Flanagan, 2015-05-20 Apply the major psychotherapy theories into practice with this comprehensive text *Counseling and Psychotherapy Theories in Context and Practice Skills Strategies and Techniques* 2nd Edition is an in depth guide that provides useful learning aids instructions for ongoing assessment and valuable case studies More than just a reference this approachable resource highlights practical applications of theoretical concepts covering both theory and technique with one text Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices this book is the perfect resource for graduate level counseling theory courses in counselor education marriage and family therapy counseling psychology and clinical psychology Included with each copy of the text is an access code to the online Video Resource Center VRC The VRC features eleven videos each one covering a different therapeutic approach using real therapists and clients not actors These videos provide a perfect complement to the book by showing what the different theories look like in practice The Second Edition features New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation specific interventions and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence based status section in each Theory chapter focusing on what we know from the scientific research with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice based evidence Showcasing the latest research theory and evidence based practice in an engaging and relatable style *Counseling and Psychotherapy Theories in*

Context and Practice is an illuminating text with outstanding practical value *Theories of Counseling and Therapy* Jeffrey A. Kottler, Marilyn J. Montgomery, 2010-12-01 A concise hands on and experiential text that helps readers understand and apply theory in counseling and psychotherapy Through a unique approach that makes understanding theories in counseling and psychotherapy fun stimulating and personally meaningful this fully updated Second Edition helps students comprehend the various and complex theories apply the material to their own lives through the use of the reflective exercises in every chapter and internalize the content of the course The book s three part structure includes an introductory section that provides the background necessary for understanding the theories a middle section that discusses the main theory families and a final section that focuses on synthesis and application Throughout the text the authors seek to surprise readers with the best of the past excite them with the vitality of the present and prepare them for their futures as therapists **Theories of Counseling and Psychotherapy: A Multicultural Perspective** Allen E. Ivey, Michael J. D'Andrea, Mary Bradford Ivey, 2011-04-29 *Theories of Counseling and Psychotherapy* fully integrates a multicultural approach which is demonstrated in practice throughout every chapter and every theoretical approach New to the Seventh Edition Increased focus on visual elements such as photos charts and summary tables More focus on case illustrations Increased coverage of ethical and legal issues technology and on the counseling relationship Added coverage of narrative counseling and brief solution focused counseling **Theories of Counseling and Psychotherapy** Linda Seligman, 2006 For courses in Counseling Theories and Techniques *Theories of Counseling and Psychotherapy Systems Strategies and Skills* categorizes theories by their focus background emotions and sensations thoughts or actions This structure helps students better understand similarities and differences among theories and provides an overarching framework that other texts lack The book explores both established and emerging treatment systems Using skill development sections diverse case studies and innovative exercises the text moves beyond traditional texts to directly connect counseling theories to clinical practice It reflects current knowledge about effective treatment theories and interventions and continually promotes readers skill development and confidence By the end of the text readers will have an introduction to the theoretical foundations of the field and the basic clinical skills needed to be an effective helping professional **Foundations of Counseling and Psychotherapy** David Sue, Diane M. Sue, 2007-11-27 *Foundations of Counseling and Psychotherapy* provides an overview of the most prevalent theories of counseling within the context of a scientific model that is both practical and up to date Authors David Sue and Diane Sue provide you with the best practice strategies for working effectively with your clients using an approach that recognizes and utilizes each client s unique strengths values belief systems and environment to effect positive change Numerous case studies self assessment and critical thinking examples are included *Theories of Counseling and Psychotherapy* Linda Seligman, Lourie W. Reichenberg, 2013-02-22 *Theories of Counseling and Psychotherapy Systems Strategies and Skills* offers an innovative look at emerging and well established counseling theories Organizing theories into four broad themes

Background Emotions Thoughts and Actions authors underscore key similarities and differences in each approach Moving beyond a traditional theories book chapters include skill development sections that connect counseling theories with clinical practice Fully revised this edition brings a stronger multicultural focus includes over 400 new research references and offers new activities to sharpen clinical understanding 0133411109 9780133411102 Theories of Counseling and Psychotherapy Systems Strategies and Skills Plus NEW MyCounselingLab with Pearson eText Access Card Package consists of 0132851709 9780132851701 Theories of Counseling and Psychotherapy Systems Strategies and Skills 0133390799 9780133390797 NEW MyCounselingLab with Pearson eText Standalone Access Card for Theories of Counseling and Psychotherapy Systems Strategies and Skills

Essential Theories of Counseling and Psychotherapy Carlos Zalaquett, Allen Ivey, Mary Bradford Ivey, 2018-08-03 Essential Theories of Counseling and Psychotherapy Everyday Practice in Our Diverse World is the first book to provide an integrated presentation of relational competencies microskills and theories Clear and concise it gives an overview of current theories presents best known evidence based relationships and practices and explains how theories apply to counseling and psychotherapy Students not only learn about the traditional theories such psychodynamic behavioral existential humanistic cognitive behavioral and multicultural but also learn newer theories on motivational interviewing solution focused and ACT In addition neuroscience findings are integrated to show how psychotherapy changes our brains Student learning is enhanced via reflection and applied exercises theory application examples and case demonstrations to reinforce student learning The book s unique focus on multicultural and social justice awareness knowledge skills and actions fills a gap and helps students bridge what they learn in the classroom with the application of theory in the real world Intended for both graduate and undergraduate courses Essential Theories of Counseling and Psychotherapy is an ideal foundational text for theory courses found in departments of counseling psychology human services marriage and family therapy and counselor education For a look at the specific features and benefits of Essential Theories of Counseling and Psychotherapy visit cognella.com/essential-theories-of-counseling-and-psychotherapy-features-and-benefits

Theories of Counseling and Psychotherapy Robert Cottone, 2017-05-28 Focuses heavily on contemporary approaches and cross professional applications This book emphasizes big picture frameworks to conceptualize how major theories of counseling and psychotherapy operate and compare This innovative new text presents theories using an paradigm framework the organic medical psychological systemic relational and social constructivist paradigms Designed to be accessible and relevant to practice the book enhances and reinforces learning with the inclusion of learning objectives chapter summaries applications of each theory in practice and brief biographies of major theorists The text moves beyond traditional approaches with expanded coverage of relationship centered and post modern theories such as Dialectic Behavior Therapy Emotion Focused Therapy Solution Focused Brief Therapy Narrative Therapy and others Each theory is explored in depth through the use of a student mentor dialogue that examines and debates the challenges that arise with each theory The book also

addresses the counseling role in psychiatric case management reflecting the growing reality of cross professional collaboration Practical yet rigorous the text is a state of the art introduction to contemporary approaches in counseling and psychotherapy for students in counseling social work professional psychology marriage and family therapy and related professions Key Features Organized by a contemporary big picture framework paradigms Delivers expanded coverage of relationship centered counseling theories Addresses contemporary approaches in depth including postmodern theories and psychiatric case management Provides learning objectives concluding summaries review questions and brief bios of major theorists Includes unique mentor student dialogues exploring each theory and its application to practice

Theories of Counseling and Psychotherapy - International Student Edition ELSIE. JONES-SMITH,2020-02-03 Theories of Counseling and Psychotherapy An Integrative Approach by Elsie Jones Smith is for the theories of counseling and psychotherapy course at both the undergraduate and graduate level This Third Edition offers an extensive array of theories that includes all the mainstream theories as well as such contemporary approaches as narrative feminist LGBT and post modern It offers students an integrative framework with which to assess the various theories with respect to possible clinical application In addition to listing and describing theories this Third Edition takes it a step further by comparing and contrasting them showing strengths and weaknesses in a way to help students to apply them flexibly Students will be challenged to understand what it is about their own personalities that will lead them to accept or reject various theoretical perspectives

Counseling James C. Hansen, Richard R. Stevic, Richard W. Warner (Jr.), 1982 Major theories of counseling are presented in historical context reflecting the developments in psychodynamic theory existential and humanist ideas and the evolution of cognitive behavioral ideas Following the coverage of theory the authors apply the theories to practice providing an integrated examination of the process Any course focusing on theory and or the process and procedures of counseling

Theories of Counseling Buford Stefflre, 1965 *Counseling and psychotherapy in the United States* Jan Thivissen, 2007-10-30 Seminar paper from the year 2006 in the subject Social Work grade 1 0 A Southern Connecticut State University University of Louisville KY USA course Independent Study language English abstract Abstract This paper discusses differences and similarities among counseling and psychotherapy in the United States The author describes both professions their historical roots definitions theories their associations and services delivery The description enables the author to draw comparisons with the German speaking system It has been found that principally no reasonable distinction between the professions in the United States can be stated Scholars practitioners and consumers are using the terms interchangeably Further findings indicate a great number of professional stakeholders associations their subdivisions and specializations professions like psychology social work or education what carries advantages and disadvantages for the mental health profession Based on the findings the author suggests further questions on how different mental health systems might benefit from each other

Contemporary Theories in Counseling and Psychotherapy Edward Neukrug, 2020-05-27

Contemporary Theories in Counseling and Psychotherapy provides readers with a comprehensive introduction to cutting edge therapeutic approaches that are widely revered and used but generally not included within traditional counseling theories textbooks Readers learn theories that will not only keep their knowledge current in an evolving field but also will help to improve and support the ongoing development of their personal practice The text features contributed chapters written by scholars in the discipline that cover the following contemporary theories contemporary psychodynamic therapy CPT contemporary person centered counseling CPCC cognitive behavioral therapy CBT integrative post modern therapy IPMT narrative solution focused relational cultural dialectical behavior therapy DBT acceptance and commitment therapy ACT motivational interviewing MI positive counseling neurocounseling including EMDR and complementary alternative and integrative modalities CAM Each chapter presents the history of the theory critical views of human nature key concepts techniques and an overview of the counseling process Social and cultural issues and the efficacy of each theory are discussed Each chapter concludes with a vignette that demonstrates a client experiencing the counseling approach followed by questions to pique students interest Video demonstrations of select theories are included A thoroughly modern and critical resource Contemporary Theories in Counseling and Psychotherapy is ideal for courses focusing on current theories of counseling and psychotherapy It s also an excellent supplementary resource for courses on classical theory Theories of Counseling and Psychotherapy James Archer,2007 **Theories and Paradigms of Counseling and Psychotherapy** R. Rocco Cottone,1992 *Theories of Counseling and Psychotherapy, Video-Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package* Linda W. Seligman,Lourie W. Reichenberg,2013-05-07 NOTE Used books rentals and purchases made outside of Pearson If purchasing or renting from companies other than Pearson the access codes for the Enhanced Pearson eText may not be included may be incorrect or may be previously redeemed Check with the seller before completing your purchase This package includes the Enhanced Pearson eText and the loose leaf version Theories of Counseling and Psychotherapy Systems Strategies and Skills offers an innovative look at emerging and well established counseling theories Organizing theories into four broad themes Background Emotions Thoughts and Actions authors underscore key similarities and differences in each approach Moving beyond a traditional theories book chapters include skill development sections that connect counseling theories with clinical practice Fully revised this edition brings a stronger multicultural focus includes over 400 new research references and offers new activities to sharpen clinical understanding The Enhanced Pearson eText features embedded video Improve mastery and retention with the Enhanced Pearson eText The Enhanced Pearson eText provides a rich interactive learning environment designed to improve student mastery of content The Enhanced Pearson eText is Engaging The new interactive multimedia learning features were developed by the authors and other subject matter experts to deepen and enrich the learning experience Convenient Enjoy instant online access from your computer or download the Pearson eText App to read on or offline on your iPad and Android tablet Affordable Experience the advantages

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