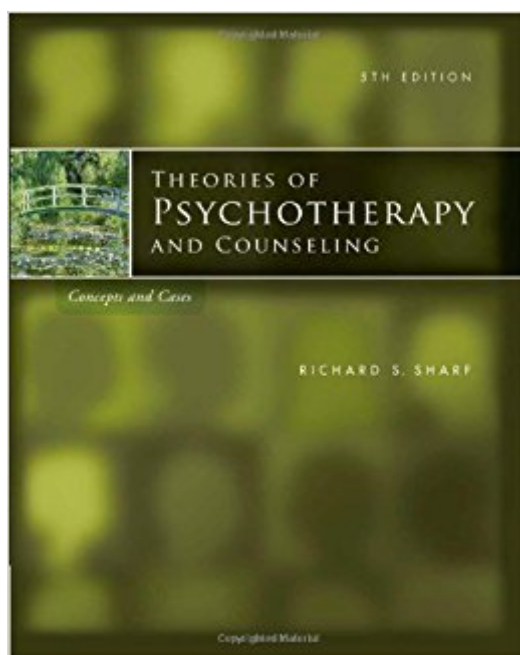


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# Theories Of Psychotherapy & Counseling: Concepts And Cases, 5th Edition



## Synopsis

Comprehensive in scope yet succinct in its descriptions and explanations, THEORIES OF PSYCHOTHERAPY & COUNSELING: CONCEPTS AND CASES, 5e equips readers with a solid understanding of the systematic theories of psychotherapy and counseling. The text delivers a thorough explanation of concepts as well as insightful case summaries and therapist-client dialogue that illustrate techniques and treatment in practice. It demonstrates how theories can be applied to individual therapy or counseling for common psychological disorders--such as depression and generalized anxiety disorders--as well as how to apply them to group therapy.

## Book Information

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## Customer Reviews

"A student friendly and a great teaching tool. It provides a systematic, comprehensive, and balanced evaluation of the current status of all major psychotherapeutic approaches. The content of the chapters explains the historical development, examines some methodological challenges in translating research into practice, and considers the impact on treatment outcome of factors relating to human diversity such as gender and multicultural factors." "The text is comprehensive, well organized, and cutting edge in delineating relevant research, new approaches, and key issues confronting therapists. My students praise the book. They often refer to the transcripts and cases that demonstrate how to apply a particular approach or technique and state how helpful they are." "This edition includes an introduction of empirically based treatments and the common factors model of psychotherapy. The common factors model is one that all students of psychotherapy

should be trained in. I found each chapter to have an excellent balance between theory, empirical support, and case material. Undergraduate and graduate students who read this book will have a solid introduction into a wide range of psychotherapies and will begin to embark on developing their own theoretical orientation." --This text refers to an out of print or unavailable edition of this title.

Richard S. Sharf has been a counseling psychologist at the Center for Counseling and Student Development at the University of Delaware for 37 years, providing counseling to university students. He also was the internship coordinator for the Psychology Doctoral Internship program. In addition, he taught graduate courses in counseling in the Department of Human Development and Family Studies. In writing THEORIES OF PSYCHOTHERAPY AND COUNSELING: CONCEPTS AND CASES, he corresponded with over 70 experts on theories of psychotherapy to ensure that the book is accurate and up to date. He is also author of APPLYING CAREER DEVELOPMENT THEORY TO COUNSELING, 6th Edition (©2014, Cengage Learning).

I used this book for my Theory class in a CACREP program. Overall, it was a decent book packed with a lot of relevant information. However, the book was VERY dense. I think Sharf could have made the book much more concise by eliminating or consolidating some sections, particularly the last sections in every chapter (such as the "gender" and "multicultural" sections). Regardless, I will definitely use this as a reference when I'm studying for the NCE.

Full disclosure: I don't have a lot to compare this to. The book does cover the major theories of counseling from a Western historical perspective, and is fairly comprehensive and very simple to read/navigate. I bought the Kindle version, which I'd highly recommend (but note that some sections were removed in the Kindle ver. due to "copyright" issues). The book does have a chapter at the end discussing "other therapies", which acknowledges the lack of coverage of more recent developments as well as the "Asian therapies". There's a LOT of over-generalization in the latter category, unfortunately. The writing quality in the last few chapters declines noticeably, and is sometimes almost shockingly bad - not sure if these were written by a different contributing author?

needed for class, brand new, still in packaging

good

I was terrified to learn about theories in grad school as I didn't think I'd grasp the concepts easily. This book makes it so easy and I love reading about the theorists! Would definitely recommend.

The book is lengthy, but it isn't a real difficult read. The problem I have is that said I needed to buy it new because a used book would not have the CD or the activities in the back of the book. I bought it new and there is no CD with this book. I have purchased from in the past (used books) and have never seen that warning so I didn't think it was there regular disclaimer. So be aware that you may get that disclaimer, it doesn't mean there is a CD at all. I spent an extra \$40 for a CD that didn't even exist.

The layout of this textbook is harder to read on the kindle version than other textbooks I've gotten. The font size is too small and you can't adjust it, since the text only takes up 2/3rds of the page. It makes is so i have to zoom in on each page individually, which is fine, but a little annoying. However the content of the book is interesting. My complaints have nothing to do with how the book is written.

Using this as a text for a graduate level class. Text is well-organized and presents numerous theories of psychotherapy and counseling in a way that is interesting even to others who aren't studying psychology.

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