



Theories of Counseling and Psychotherapy: A Case Approach (4th Edition) (The Merrill Counseling Series)

Nancy L. Murdock

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Using case studies, applied examples, original source material, and her own inimitable pedagogical style, Nancy Murdock succinctly elucidates fifteen of the most influential and ground-breaking theories of psychotherapy and counseling. With this articulate guide to counseling theory, students will grasp complicated historical theory and not only understand the historical footing and uses of each, but will learn how these theories have informed each other and contributed to modern practice, while applying it to their own professional counseling experience. Examining the historical roots, evaluations, and lasting effects of Existential, Gestalt, Behavior, Cognitive, Reality, Feminist, Family, Narrative, and Solution-Focused Therapy and much more, this text equips students with the history and application necessary to bring theory to life.

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