Moving Beyond Individualism in Pastoral Care and Counseling. This unique book identifies the core competencies shared by expert therapists and helps clinicians—specifically those providing brief dynamic/interpersonal therapy—to develop and apply these competencies in their own work. Neither an abstract theoretical guide nor a cookbook of particular techniques, the book illuminates the ways one learns to engage in effective therapeutic inquiry, intervene flexibly and creatively, and improvise—on a basis of sound theoretical and clinical knowledge—to facilitate progress toward therapeutic goals. Important psychotherapy research findings are interwoven with rich descriptions of the skilled therapist's mental processes and moment-to-moment experiences. The volume's highly accessible style, wealth of illustrative examples, and fresh insights on how learning can be enhanced for both therapist and client make it an ideal professional resource and text.

Solution-Focused Brief Therapy: A Practice Beyond Cultural Humility offers specific guidance to support students and practitioners in providing on-going, culturally-grounded professional care. The book introduces a multicultural diversity-training model named the ORCA-Stance, an intentional practice which brings together four core components: Openness, Respect, Curiosity, and Accountability. Drawing from an array of influences, it showcases work with common clinical populations in a variety of contexts, from private practice to international organizations. Each clinical chapter offers a brief review of information relevant to the population discussed, followed by a case study using the ORCA-Stance, and a summary of recommended best practices. In each case, the practice of the ORCA-Stance is shown to allow relationships to become more culturally sensitive and, therefore, more effective. A Practice Beyond Cultural Humility provides practical examples, research, and wisdom that can be applied in day-to-day clinical work and will be valuable reading for a wide-range of mental health students and clinicians who seek to continue their professional development.

Beyond the Walls of Separation Individual Counseling and Therapy, 3rd edition, goes beyond the typical counseling textbook to teach the language of therapy from the basic to the advanced. Lucidly written and engaging, this text integrates theory and practice with richly illustrated, real-life case examples and dialogues that demystify the counseling process. Readers will learn how to use winning skills and techniques tailored to serve clients—from intake to problem exploration, awareness raising, problem resolution, and termination. Students have much to gain from the text’s depth, insights, candor, and practicality—and less to be befuddled by while they develop their therapeutic voice for clinical practice. PowerPoints, chapter test questions, and an instructor’s manual are available for download.

Individual Counseling and Therapy: Despite astute critiques and available resources for alternative modes of thinking and practicing, individualism continues to be a dominating and constraining ideology in the field of pastoral psychotherapy and counseling. Philip Rieff was one of the first to highlight the negative implications of individualism in psychotherapeutic theories and practices. As heirs and often enthusiasts of the Freudian tradition of which Rieff and others are critical, pastoral theologians have felt the sting of his charge, and yet the empirical research that M. Clure presents shows that pastoral-counseling practitioners resist change. Their attempts to overcome an individualistic perspective have been limited and ineffective because individualism is embedded in the field's dominant theoretical and theoretical resources, practices, and organizational arrangements. Only a radical reappraisal of these practices can make possible pastoral counseling practices in a post-individualistic mode. M. Clure proposes several critical transformations: broadening and deepening the operative theories used to guide the healing practice, expanding the role of the pastoral counselor, reimaging the operative anthropology, reclaiming sin and judgment, nuancing the particular against the individual, rethinking the ideal outcome of the practices, and reimagining the organizational structures that support the practice. Only this level of revisioning will enable this ministry of the church to move beyond its individualistic limitations and offer healing in more complex, effective, and socially adequate ways.

Theories of Counseling and Psychotherapy: ‘M’adness Reimagined: Envisioning a Better System of Mental Health in America’ provides a comprehensive analysis of the current mental health system in the United States. Presented from a sociological rather than a psychological perspective, this book seeks to provide readers with an extensive but accessible look at its history, the current mental health treatment modalities, the various mental health practitioners, the different conditions known as mental health disorders, as well as strategies for improving the system. This book covers both clinical and applied therapy and sociology, the author aims to provide a balance to the work that other books on mental health often lack. As a result, this book proposes a dual approach to the study of mental health. Dr. Stevenson acknowledges that while disorders and treatment modalities require a micro-level (intrapsychic) approach, the overall analysis of the mental health system demands a macro-level (sociological) approach. Due to the recent changes in the American healthcare system and the concerns this has raised, this book is a necessary and important contribution to its field. It also reflects a growing desire from the public to better understand this subject as mental health issues continue to gain visibility in the public eye. Free of psychological jargon and in an accessible format, this book will not only appeal to academics and students, but also to mental health consumers, their families, and people who are interested in advocacy.

A Brief Primer of Helping Skills 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.

The Art of Sex Therapy: Supervision Beyond the Walls of Separation is an essential and easy-to-read guidebook for chaplains and volunteers working in the context of prison, and for all those who are professionally or through family links related to those in prison. This book tells the story of what life behind bars is, and how inmates experience transformation through Christian faith: People at the crisis points of their life, where they are shattered, and where little is
left of what made them, may experience life as fragile and as a transparent filter for the mysterious. Yet they also may experience God's life-giving presence. Love, expressed in forgiveness--against all odds, against all merits and previous experiences--lies at the root of many stories of transformation that emerge from prison. The book guides visitors to approach inmates without condescension, with an awareness of the social dimension of power and inequality, and with sensitivity to the suffering and alienation that individual prisoners experience. The many years of prison ministry in different cultural contexts and with inmates from all nations have taught the author that Christ does not need to be brought to prison through visitors, through evangelistic events, or through Christian outreach. He is already powerfully present in prison.

A Practice Beyond Cultural Humility Solution-Focused Brief Therapy, by Johnny S. Kim, is the first book in the field to provide a practical overview of the essentials of solution-focused brief therapy (SFBT) from a multicultural perspective, including intervention skills, research, applications, and implications for practice. Case examples illustrate SFBT in action with a wide range of client populations. In addition, the book incorporates recommendations from the recently developed and approved SFBT treatment manual, published by the Solution-Focused Brief Therapy Association.

Beyond Counseling and Therapy Praise for the previous edition: "...an excellent resource for all trainee and beginning counselors irrespective of theoretical orientation. I regard it as a core text for Professional and Clinical Practice components of counselor education and training courses." Ian Horton, formerly Principal Lecturer, University of East London Praise for the current edition: "This book is a must. It informs the beginner and experienced counselor how to undertake brief counseling, step by step, from orienting the client to counseling, to termination of counseling." Professor Stephen Palmer, City University, London and Director for the Centre for Stress Management. Almost two thirds of counselors and psychotherapists work with clients in up to twenty sessions each: this book reflects that reality and the challenges involved. The bestselling first edition of this book, by two of the UK’s leading counselor trainers and academics, was praised by trainers and tutors for its accessibility, comprehensiveness and practicality. It was also a leading contribution to the movement towards time-conscious counseling and to an understanding of the therapeutic alliance across time. The second edition has been thoroughly updated to include significant recent professional developments and new thinking in the counseling field. Additions include more detailed discussion of: Assessment Contracting Very brief counseling Clinical reasoning Clients' modalities Technical repertoire Depression and realism Supervision of brief counseling In the rapidly maturing profession of counseling, this book’s sensitivity to time as a precious resource, clients' perceptions, evidence-based guidelines and integration of some of the best thinking from several counseling models make it an ideal core text for beginners and reflective practitioners. Thoughtful and busy practitioners in primary care, employee counseling, educational, voluntary and private practice settings will find many immediately helpful ideas and examples in this classic text.

Brief Therapy and Beyond This breakthrough edition of Theories of Counseling and Psychotherapy: An Integrative Approach, by Elsie Jones-Smith, sets a new standard in counseling theories books. The Second Edition goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuroscience and neuropsychotherapy, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

Theories of Counseling and Psychotherapy This is the only comprehensive text to focus on the development of practical interviewing and counseling skills for Master's-level mental health counseling students. It is structured around the goals established by the CA CREP’s 2009 document on standards for MHC programs, and uniquely encompasses both theory and practice from the perspectives of a diverse array of theoretical schools and practice strategies. The text emphasizes the importance of multicultural facets of interviewing and counseling throughout, challenging students to examine their own backgrounds and biases as they develop professionally.

Implementing Culturally Responsive Practices in Education This book is a brief primer of essential helping skills for students and professionals in the helping professions. The book contains a brief chapter on theory that provides an overview of the language used in therapy as well as the various approaches used by helping professionals. It then covers the core skills, standard interventions, nature of relationships, developing rapport, as well as important issues regarding assessment and formulating a diagnosis.

Solution Focused Brief Therapy Focuses heavily on contemporary approaches and cross-professional approaches. 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 postmodern 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 A 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.

Beginning Your Counseling Career Via 100 entries, 21st Century Psychology: A Reference Handbook highlights the most important topics, issues, questions, and debates any student obtaining a degree in the field of psychology ought to have mastered for effectiveness in the 21st century. This two-volume reference resource, available both in print and online, provides an authoritative source to serve students’ research needs with more detailed information than encyclopedia entries but without the jargon, detail, or density found in a typical journal article or a research handbook chapter. Students will find chapters contained within these volumes useful as aids toward starting research for papers, presentations, or a senior thesis, assisting in deciding on areas for elective coursework or directions for graduate studies, or orienting themselves toward potential career directions in psychology.

21st Century Psychology: A Reference Handbook “Although I have been a hospice nurse for almost 19 years, I am not a counselor. However, I will be able to use some of the information I learned here to assist my patients and my colleagues with issues encountered during the difficult time when patients are dying and families are struggling with realities. I will definitely share this book with our bereavement counselors and social workers.” Score: 90, 4 stars —Doody’s “[T]his is the book about possibilities—not finalities. About all the different ways that people deal with loss and bereavement—and how solution-focused brief therapy can be helpful in making sense of the experience that people go through when facing death.” —Harry Korman, M.D. Solution-focused practice challenges the conventional approach to bereavement counseling by emphasizing solution building over simple problem-solving. Joel Simon, with over 16 years of experience in the field, demonstrates how this therapy can help clients think of possibilities, rather than limitations, when facing death or the loss of a loved one. This book presents a general overview of solution focused practice, tools, and methodologies for practitioners. Simon also provides real-life vignettes and verbatim transcripts from actual patients in end-of-life or bereavement counseling. This book provides insight into the philosophy and
practice of solution focused therapy, as applied to clients with life-limiting conditions and their loved ones. Key topics discussed: The use of language in solution focused practice; theory, meaning making, and the role of emotions. Tools of solution-building, with questions, troubleshooting guidelines, and tips for evaluating outcomes. The distinction between problem-solving and solution-building. Co-constructing goals with clients. Applying solution focused principles to hospice, grief, and bereavement practice. This resource serves as an invaluable tool for social workers, hospice workers, psychologists, and other bereavement and grief-counseling professionals.

Play Therapy: An invaluable guide to the history, descriptions of practice strategies, and applications of SFBT. The Handbook of Solution-Focused Brief Therapy is a unique, comprehensive guide that assists clinicians, regardless of experience level, in learning and applying the concepts of Solution-Focused Brief Therapy (SFBT) to particular situations with clients. Noted experts discuss the therapy practices and various uses for the approach in detail, which focuses on encouraging clients to look at exceptions, times when the problem could have occurred and did not, and goals and future possibilities. A history of the practice model and its interventions is discussed, along with limitations, descriptions of practice strategies, applications to specific client populations, and clinical problems and concerns. This useful resource also includes an illustrative case study that uses the SFBT model. The Handbook of Solution-Focused Brief Therapy first lays a foundation of knowledge, providing chapters on the crucial assumptions and practices, history, and epistemology behind the approach. Further chapters use that basis to explain the application of the approach with several clinical issues and various populations, including couples, depression, domestic violence, schools, children, pastoral work, therapist burnout, and a few “outside therapy room” applications. Other chapters focus on the important issues in therapist training and supervision. Extensive references are provided at the end of each chapter. Topics discussed in the Handbook of Solution-Focused Brief Therapy include: assumptions within the SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public schools children and young people SFBT in faith-based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations, misunderstandings, and misuses of SFBT a tribute to the late Steven de Shazer, co-founder of the SFBT approach.

The Handbook of Solution-Focused Brief Therapy COUNSELING CHILDREN covers the most practical and up-to-date methods for developing effective approaches to counseling children. Donna Henderson and Charles Thompson's text is unparalleled in its translation of theory into practice. This easy-to-read guide includes useful strategies and case studies to provide students with a realistic look at the counseling field. To further prepare readers for their professional work, the ninth edition includes 2014 ACA ethical standards, best practice guidelines for typical and atypical children's problems, and fresh ideas that facilitate understanding of the world of the child. Expanded coverage of children who have special concerns and of family interventions provides readers with effective ways to deliver interventions across multiple settings. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Theories of Counseling and Therapy: School counseling in the 21st century requires a new set of skills and practices than seen in past decades. With a sharper focus on social justice, the experiences and challenges for marginalized groups, and more open discussions as to issues students face, school counselors must be equipped to handle all types of diverse students and situations. School counselors and guidance programs must address multicultural needs, underserved populations, and students with issues ranging from mental illness to family issues to chronic illnesses and LGBTQ identities. Moreover, they must be prepared to guide students to learning success and adequately prepare them for future careers. The challenges students face in the 21st century lead to new ways to prepare, support, and educate school counselors in modern educational atmospheres with student bodies that are handling vastly different challenges, identities, and lifestyles. School counselors must navigate the professional with information on best practices, techniques, and 21st century skillsets that can adequately support and help all students. The Research Anthology on Navigating School Counseling in the 21st Century provides emerging research on the best practices in school counseling, along with methods, techniques, and professional development initiatives to better understand diverse student populations, needs, and challenges. This book will not only focus on how school counselors must adapt and learn in their own professional careers, but also how school counseling is functioning in the 21st century with the new concerns and obstacles students must face and overcome. The chapters provide a holistic view of how counselors are navigating their positions to best serve their students through effective practices, programs, and new tools and technologies. This book is ideal for school counselors, therapists, school psychologists, counseling educators, administrators, practitioners, researchers, academics, and students who are interested in school counseling in the 21st century.

Ideas and Tools for Brief Counseling: Despite astute critiques and available resources for alternative modes of thinking and practicing, individualism continues to be a dominating and constraining ideology in the field of pastoral psychotherapy and counseling. Philip Rieff was one of the first to highlight the negative implications of individualism in psychotherapeutic theories and practices. As heirs and often enthusiasts of the Freudian tradition in which Rieff and others are critical, pastoral theologians have felt the sting of his charge, and yet the empirical research that McCulley presents shows that pastoral-counseling practitioners resist change. Their attempts to overcome an individualistic perspective have been limited and ineffective because individualism is embedded in the field's dominant theological and theoretical resources, practices, and organizational arrangements. Only a radical reappraisal of these will make possible pastoral counseling practices in a post-individualistic mode. McCulley proposes several critical transformations: broadening and deepening the operative theories used to guide the healing practice, expanding the role of the pastoral counselor, reimagining the operative anthropology, reclaiming time and judgment, nuancing the particular against the individual, rethinking the ideal outcome of the practices, and reimagining the organizational structures that support the practices. Only this level of revisioning will enable this ministry of the church to move beyond its individualistic limitations and offer healing in more complex, effective, and socially adequate ways.

Counseling and Psychotherapy with Children and Adolescents:

Research Anthology on Navigating School Counseling in the 21st Century: Beyond the DSM Story presents challenges to the Diagnostic Statistical Model (DSM) system from ethical and cultural perspectives, critically evaluating its fit with other professional and theoretical orientations. It offers possible solutions, best practices for addressing ethical, theoretical, and contextual quandaries, along with experiential activities that challenge the reader to think critically about both the problems and the solutions associated with DSM diagnosis. Beyond the DSM Story presents an atheoretical model for incorporating alternative models with DSM assessment. Instructors, students and practitioners will benefit from this critical appraisal of the DSM.

Brief Counseling That Works: The Art of Sex Therapy: Supervision is a collection of scholarly writings and case narratives that sheds light on issues that sex therapists face as supervisors or supervisees and provides techniques that can be adapted to fit clients' specific needs. Written by experts in a range of fields, this book covers a wide range of perspectives and methodologies for assisting diverse populations, including conservative Christians, LGBTQ clients, and those who exhibit out-of-control sexual behavior. It addresses individual, relational, and systemic engagement in the context of sexual dysfunction, and it also discusses obstacles clinicians can face when providing critical feedback to clients. This book will be useful for aspiring supervisors as well as those who supervise clinicians seeking licensure or certification.

Key Competencies in Brief Dynamic Psychotherapy: This book takes a new approach to teaching students to think and learn about issues of race and diversity. It aims to break down the traditional categorizations of racial/ethnic groupings and focuses on teaching students to think and learn in a
multidimensional manner, rather than in a linear fashion. The key to the book lies in its aim to teach students to practise culturally competent counselling by taking into consideration a client's multiple identities, such as a middle-aged, African American woman, who might be facing issues due to her racial grouping, her age and her gender. The book is filled with activities, exercises and examples that help students think about racism in a non-traditional manner, rather than the typical ways often taught, making it very timely and reflecting the transformation of thinking that is occurring in the field.

Beyond Counseling and Therapy This definitive guide for succeeding in an era of managed care offers mental health practitioners the tools for applying solution-focused brief therapy (SFBT) techniques.

Beyond the DSM Story

Research Anthology on Rehabilitation Practices and Therapy For courses in Brief Counseling, Brief Therapy, Intervention Techniques, and Counseling Practicum. This practical text is the first of its kind to fully integrate theory and technique of brief counseling while presenting the relationship as the key to any successful intervention. All chapters include ideas and tools for brief counseling and case studies that take the reader step-by-step through the techniques of the first session and beyond. The text is written to engage readers and invite them to participate in both self-exploration and discovery.

EBOOK: Brief Counselling: A Practical Integrative Approach Everything you need for maximum counselling results in less time! Expert Gerald Sklare provides fresh insights and new applications for solution-focused brief counseling (SFBC). Learn to: • Conduct brief, short-term sessions that lead to rapid, observable change • Create well-defined client goals • Enable clients to envision and take steps toward a more hopeful future • Maximize your time for rapid, observable client progress • Use the solution-focused principles with reluctant clients • Conduct positive, goal-oriented parent conferences • Work with individuals in school and community settings You'll find helpful flow charts and note sheets, and invaluable practice exercises.

Theories of Counseling and Psychotherapy Professional counseling is a dynamic field, necessarily changing to reflect shifting societal norms and client needs. In an increasingly multicultural and globalized society, there is a growing need for counselors to be sensitive to the diverse needs of clients expressing different cultural and ethnic beliefs and facets of racial, gender, sexual, age, ability, disability, or class identities. Using as a starting point the pioneering work of Clemmont E. Vontress, the contributors to Counseling Across and Beyond Cultures trace the evolution of multicultural counseling and discuss remaining challenges for practitioners. Essays include a personal reflection by Vontress himself, critical analyses of the growth of multicultural counseling, considerations of his influence in Canada and the U.K., and African and Caribbean perspectives on his work. Throughout, the importance of Vontress's accomplishments are celebrated, while critical analysis points the way towards further work to be done in the field.

Counseling Children 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.

Therapy and Beyond Solution Focused Brief Therapy: 100 Key Points and Techniques provides a concise and jargon-free guide to the thinking and practice of this exciting approach, which enables people to make changes in their lives quickly and effectively. It covers: The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents, including school-based work Families, and adults How to deal with difficult situations Organisational applications including supervision, coaching and leadership. Frequently asked questions This book is an invaluable resource for all therapists and counsellors, whether in training or practice. It will also be useful for professional whose job is to help people make changes in their lives, and will therefore be of interest to social workers, probation officers, psychiatric staff, doctors, and teachers, as well as those working in organisations as coaches and managers.

M adness Reimagined: Envisioning a Better System of Mental Health in America This practical text fully integrates theory and technique of brief counseling while presenting the relationship as the key to any successful intervention. All chapters include ideas and tools for brief counseling and case studies that take the reader step-by-step through the techniques of the first session and beyond. It is written to engage readers and invite them to participate in both self-exploration and discovery. For anyone interested in the advantages of brief counseling.