



Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques

By John Sommers-Flanagan, Rita Sommers-Flanagan

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Learn the various counseling theories through authentic examples led by actual practitioners working with real clients

This comprehensive two-DVD set promotes student learning by illustrating each of the counseling theories covered in the textbook *Counseling and Psychotherapy Theories in Context and Practice*, Second Edition by John and Rita Sommers-Flanagan. However, the DVDs can be used in conjunction with this text or as a stand-alone teaching tool in any course covering psychotherapy theories and techniques.

Unique in its presentation of real clinicians from a variety of work settings—including school and college counselors—working with actual clients, the DVDs:

- Feature practitioners and clients who represent ethnic, gender, age, and religious diversity
- Model how to develop a positive therapeutic relationship from any theoretical perspective
- Help students not only understand the differences between theories, but also the difference between theory and technique
- Offer commentary by the authors on how the counselor in the session made decisions from a theoretical perspective as well as why a particular counseling theory was appropriate for the client's situation

Exploring Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Behavioral, Cognitive-Behavioral, Reality, Feminist, Solution-Focused, and Family Systems theories, these two DVDs shed light on these theories in real practice with clients.

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Editorial Review

Review

This text is an enhanced, expanded version of the few books that have already established themselves among the most significantly written and researched documents on psychotherapy. The quality and the depth of the therapeutic concepts and strategies covered in this valuable resource for students and professionals of all helping disciplines are outstanding.

David J. Carter
Assistant Professor
Department of Counselor Education
University of Nebraska at Omaha

"This is a wonderful text that will both inform and inspire. It is comprehensive, well-written, and alive with both history and emerging developments in counseling and psychotherapy. I recommend it most highly."

Michael J. Mahoney
Professor of Psychology
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From the Publisher

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—Michael J. Mahoney, Professor of Psychology, University of North Texas and author of *Human Change Processes and Constructive Psychotherapy*

"The quality and the depth of the therapeutic concepts and strategies covered in this valuable resource are outstanding."

?David J. Carter, Assistant Professor of Counselor Education
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Counseling and Psychotherapy Theories in Context and Practice provides an in-depth understanding of the origins, development, and key figures of each major theory and strongly emphasizes the application of these theories in real-world practice. This engaging and illuminating text is packed with useful learning aids, instructions for ongoing assessment, and valuable case studies from the authors' own experiences—all designed to facilitate comprehension and lead to effective, ethical practice.

Dynamic discussions of leading theoretical models and associated therapeutic techniques are complemented by numerous student-friendly features, including:

- Chapter objectives
- Self-assessment exercises
- Practitioner commentaries
- Ethical practice highlights
- Multicultural perspectives
- "Putting It in Practice" examples
- Questions for reflection and student review assignments

Counseling and Psychotherapy Theories in Context and Practice is a unique and comprehensive text for students in counselor education, psychology, and social work, as well as a captivating, informative resource for professionals.

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