



Counseling and Psychotherapy Today: Theory, Practice, and Research

Carol Austad

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Today's counseling and psychotherapy-related careers require practitioners to grasp and respond to a continually changing context. This comprehensive and contemporary introduction to the field prepares students to engage productively with a variety of theoretical models, practice settings, and patient problems. The author draws on her experience as a practicing therapist and professor in presenting theory, practice, and research in a clear and compelling style. Starting with the big picture of psychotherapy within its sociocultural context and fundamental issues, Austad then reviews the major theoretical models. Students are encouraged to develop a mental model that helps them to compare and contrast key features of each theory and to understand the settings in which each best applies.

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