

Humanistic Psychology A Clinical Manifesto A Critique Of Clinical Psychology And The Need For Progressive Alternatives

In this book is realized a brief presentation of the main orientations and features of the Humanistic Theory and Method in the major socio-human sciences, domains and practices. As construction, structure and content this book cumulates, incorporates, synthesizes and develops in a new, original and unitary work a number of the author's previous works consecrated to the humanistic approach and method in some socio-human sciences and practices, especially in Psychology and Psychotherapy, Sociology, Social Work, Education and Management, published up to the end of 2012, both in print and electronic format. In the process of realization of this works, including of this book, was taken into consideration and was consulted the universal "social" and "therapeutic" literature of humanistic psychology, with the addressing dehumanization and spiritual/ontological/humanitarian, or the one that describes it or refers to it. Essentially, the Existential/Positive Orientations represent and approach, in theory or practice (therapy, education, social work etc.), the Person and Personality through traits (objectives) like high level of personal and social autonomy, free will and high capacity/ ability for self-determination, high level of personal development, high resilience, high capacity to control the emotions, high degree of awareness, self-knowledge, high self-esteem, high level of interpersonal development, adaptability, mature personality, activism and initiative, assertiveness, etc., while the Socio-Human (Micro-)Community is represented through features such as high autonomy, strong organizational culture, high socio-human functionality, high cohesion, unity, solidity, adaptability, resilience, resistance to crisis and challenges, good management, etc. The Ontological/Spiritual Approaches/Theories promote core concepts (and objectives of the intervention) such as spiritual-humane personality and humane/good community, spiritual-humane development of the person and humane-cultural development of the community. These paradigms highlight and promote Personality traits and qualities such as spirituality, virtue, humanness, altruism, empathy, love, faith, etc. Regarding the theoretical representation of the Community these approaches/theories highlight ideas and features as people-centered community, the dominance of the inter-personal relationships of attachment, love, respect, the dominance of the practices and customs of mutual helps, social/group/community solidarity, harmony, unity, inter-personal congruency, socio-human, inter-personal, community functionality, socio-human, moral and cultural integration/ cohesion. *** Regarding the destination of this paper, its design, content and bibliography are made in such a way to be useful both to the academic community, to students and teachers, and also to the professional community, to psychotherapists, educators, managers, social workers, artists, etc.

A bold new view of the human psyche, integrating Eastern and Western approaches.

This book is a guide for psychiatrists struggling to incorporate transformational strategies into their clinical work. The book begins with an overview of the concept of critical psychiatry before focusing its analytic lens on the DSM diagnostic system, the influence of the pharmaceutical industry, the crucial distinction between drug-centered and disease-centered approaches to pharmacotherapy, and the concept of "de-prescribing," coercion in psychiatric practice, and a range of other issues that constitute the targets of contemporary critiques of psychiatric theory and practice. Written by experts in each topic, this is the first book to explicate what has come to be called critical psychiatry from an unbiased and clinically relevant perspective. Critical Psychiatry is an excellent, practical resource for clinicians seeking a solid foundation in the contemporary controversies within the field. General and forensic psychiatrists, family physicians, internists, and pediatricians who treat psychiatric patients; and mental health clinicians outside of medicine will all benefit from its conceptual insights and concrete advice.

THEORY AND PRACTICE OF GROUP COUNSELING, 9th Edition, gives students an in-depth overview of the eleven group counseling theories. In addition to illustrating how to put these theories into practice, this best-selling text guides students in developing their own syntheses of various aspects of the theories. With Corey's clear, straightforward writing style, students are able to grasp each theoretical concept and its relationship to group practice with ease. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

What's Love Got to Do with It?

Beyond Religion

Existential-Humanistic Therapy

Common Presenting Issues in Psychotherapeutic Practice

Critical Psychiatry

Health Psychology in Australia

Saving Talk Therapy

The Bioethics of the "Crazy Ape" collects a wide range of bioethical topics. Bioethical questions are eternal by nature, although our technologized times transform old issues in forms never before experienced. Just like the famous scientist Albert Szent-Gyorgyi believed in his time, we also believe that all the contributing authors recognised their moral responsibility in adding new approaches to the continuum of each debate. Although this responsibility has become increasingly complex, we must avoid to become barriers of the scientific development. Bioethics as an applied field of philosophy should always try to establish a framework for a sustainable world - in daily clinical practice, in cases of human experiments, and (not least) in the natural environment.

What starts as personal dissatisfaction in the workplace can become personal transformation that changes clinical practice and ultimately changes the culture of medicine. Physicians and professionals train extensively to relieve suffering. Yet the systems they train and practice in create suffering for both themselves and their clients through the neglect of basic human needs. This healthcare reform discussion humanizes the physician in medicine and the patient in the hospital. Re-humanizing Medicine provides a holistic framework to support human connection and the expression of full human being of doctors, professionals and patients. A clinician needs to be a whole person to treat a whole person, thus the work of transformation begins with clinicians. As professionals work to transform themselves, this will in turn transform their clinical practices and healthcare institutions.

Humanistic Psychology ranges far and wide into education, management, gender issues and many other fields. Ordinary Ecstasy, first published in 1976, is widely regarded as one of the most important books on the subject. Although this new edition still contains much of the original material, it has been completely rethought in the light of postmodern ideas, with more emphasis on the paradoxes within humanistic psychology, and takes into account changes in many different areas, with a greatly extended bibliography. Ordinary Ecstasy is written not only for students and professionals involved in humanistic psychology - anyone who works with people in any way will find it valuable and interesting.

Let David Elkins, psychologist and former minister, show you how to find authentic, soul-nurturing spirituality outside church or temple walls. Discover your personal path to the sacred and explore new ways to bring nonreligious spirituality into your life.

Glimpsing the Gifts of Aging

Clarifying and Furthering Existential Psychotherapy

Guiding Reflective Practice

Theory, Research, and Practice

Existential Psychology and the Way of the Tao

A descriptive and prescriptive analysis

This book analyses discourses of effective learning environments globally. It focuses on the student's cultural identity and academic achievement, the significance of cultural and social capital to student's academic achievement, motivational strategies enhancing engagement and performance, effective teaching strategies, and quality in education for all. The book discusses and evaluates the shifts in methodological approaches to effective learning environments and globalisation. It analyses such topics as the students' cultural identity and achievement, motivational strategies for creating effective learning environment, constructivist pedagogy for critical thinking, dimensions of discrimination in schools globally, intelligence testing and the effects on academic achievement, and values education in the classroom. The book evaluates the shifts in methodological approaches to globalisation and effective learning environments globally, and their impact on education policy and pedagogy. It contributes in a very scholarly way, to a more holistic understanding of the nexus between globalisation, comparative education research and effective learning environments education reforms.

The Second Edition of the cutting edge work, *The Handbook of Humanistic Psychology*, by Kirk J. Schneider, J. Fraser Pierson and James F. T. Bugental, represents the very latest scholarship in the field of humanistic psychology and psychotherapy. Set against trends inclined toward psychological standardization and medicalization, the handbook offers a rich tapestry of reflection by the leading person-centered scholars of our time. Their range in topics is far-reaching—from the historical, theoretical and methodological, to the spiritual, psychotherapeutic and multicultural. The new edition of this widely adopted and highly praised work has been thoroughly updated in accordance with the most current knowledge, and includes thirteen new chapters and sections, as well as contributions from twenty-three additional authors to extend the humanistic legacy to the emerging generation of students, scholars, and practitioners.

Existential Psychology East-West is a collection of chapters exploring existential psychology in a cross-cultural context. The original version was published in preparation for the First International Conference on Existential Psychology held in Nanjing, China in 2010. This revised and expanded edition includes several updated chapters as well as four new chapters. The book consists of three sections. The first section provides an introduction to existential-humanistic psychotherapy along with a case illustration. Section two contains 13 chapters from Eastern and Western scholars exploring the theory of existential psychology. The third section contains 10 chapters building from Rollo May's work on myth. Each chapter explores the existential themes of a myth embedded within a particular cultural context. The book concludes with an Annotated Bibliography of important works in existential psychology. *Existential Psychology East-West* is an important contribution to the field with many influential Eastern and Western scholars including Kirk Schneider, Xuefu Wang, Ilene Serlin, Mark Yang, Ed

Whist accounting for the present-day popularity and relevance of Alan Watts' contributions to psychology, religion, arts, and humanities, this interdisciplinary collection grapples with the ongoing criticisms which surround Watts' life and work. Offering rich examination of as yet underexplored aspects of Watts' influence in 1960s counterculture, this volume offers unique application of Watts' thinking to contemporary issues and critically engages with controversies surrounding the commodification of Watts' ideas, his alleged misreading of Biblical texts, and his apparent distortion of Asian religions and spirituality. Featuring a broad range of international contributors and bringing Watts' ideas squarely into the contemporary context, the text provides a comprehensive, yet nuanced exploration of Watts' thinking on psychotherapy, Buddhism, language, music, and sexuality. This text will benefit researchers, doctoral students, and academics in the fields of psychotherapy, phenomenology, and the philosophy of psychology more broadly. Those interested in Jungian psychotherapy, spirituality, and the self and social identity will also enjoy this volume.

Theory, Research, and Practice in Transpersonal Psychology

Challenging Theory, Practice and Institutions

Racism in Psychology

Humanistic Psychology in Action

The Founders of Humanistic Psychology

A Clinical Manifesto - a Critique of Clinical Psychology and the Need for Progressive Alternatives

Meditations on the Writings of Zhuangzi

Organized around the latest SACREP standards, *Counseling Theory: Guiding Reflective Practice*, by Richard D. Parsons and Naijian Zhang, presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors.

In *Philosophical Issues in Counseling and Psychotherapy*, James Hansen proposes resolutions to four fundamental philosophical questions about knowing, effectiveness, and truth. Presented within the context of the author's struggle to reconcile these philosophical questions with his understanding of patient care, Hansen gives unity and meaning to diverse and seemingly contradictory counseling models.

In this book, twelve eminent Latina Psychologists illustrate how they practice gender- and culture-sensitive psychotherapy, counseling, research, pedagogy, social justice, and mentoring. They share how they create their own path in the midst of oppression – by becoming aware of the connection between their lives and their gendered, cultural, social, and political circumstances – and how they liberate themselves and those who seek their psychological services. Based on lived experiences, they reveal how they integrate a borderlands theory, a testimonio method, and an embodiment analysis into a Latina Feminist Psychology. More importantly, these Latina Psychologists offer easy-to-follow advice to help readers thrive while living in the cultural borderlands.

Shadows & Light: Theory, Research, and Practice in Transpersonal Psychology is a groundbreaking 2-volume series updating many essential topics in transpersonal psychology. It builds upon traditional topics to cover vital contemporary transpersonal psychological issues ranging from mindfulness and spirituality through social justice and sexuality. The range of contributors is broad, diverse, and inclusive and will bring the reader on many inward and outward journeys of human growth and potential. Volume I is written in a traditional educational style with additional chapters covering cross cultural psychology, ecopsychology, finding one's voice, the evidence based foundation of transpersonal practice, ritual, and much more. This volume includes chapters by established leaders such as Stanley Krippner, John Davis, Dan Hocoy, Pat Luce and Robert Schmidt as well as fresh voices with new perspectives on transpersonal psychology. The chapters are readable and personal, yet well researched and scholarly. These volumes are destined to become seminal texts in the field.

A Personal Program for Building a Spiritual Life Outside the Walls of Traditional Religion

Creating Effective Learning Environments

Counseling Theory

The Handbook of Consensual Non-monogamy

Re-humanizing Medicine

Awakening to Aging

Theory and Practice of Counseling and Psychotherapy

This book provides a thought-provoking examination of the present state and the future of Humanistic Psychology, showcasing a rich international contributor line-up. The book addresses head-on the current state of a world in crisis, not only placing the current conjuncture within a wider evolutionary context, but also demonstrating the specifically humanistic-psychological values and practices that can help us to transform and transcend the world's current challenges. Each chapter looks in depth at a variety of issues: counselling and psychotherapy, creativity and the humanities, post-traumatic stress, and socio-political movements and activism. The book amply confirms that Humanistic Psychology is as alive, and as innovative and exciting, as it ever has been, and has tremendous relevance to the uncertainties that characterize the unprecedented individual and global challenges of the times. It celebrates the diverse and continuing significance of Humanistic Psychology by providing a robust and reliable roadmap for a new generation of counsellors and psychotherapists. In these richly diverse chapters will be found inspiration, pockets of resistance, mature critical reflexivity and much much more - a book accurately reflecting our present situation, and which is an invaluable addition to the psychology literature.

Racism in Psychology examines the history of racism in psychological theory, practice and institutions. The book offers critical reviews by scholars and practising therapists from the US, Africa, Asia, Aotearoa New Zealand, Australia and Europe on racism on the couch and in the wider socio-historical context. The authors present a mixed experience of the success of efforts to counter racism in theory, institutions and organisations and differing views on the possibility of institutional change. Chapters discuss the experience of therapists, anti-Semitism, inter-sectionality and how psychological praxis is part of a colonialist project. The book will appeal to practising psychologists and counsellors, socially minded psychotherapists, social workers, sociologists and students of psychology, social studies and race relations.

Health Psychology in Australia comprehensively explains the physiological, social and psychological factors that impact physical wellbeing.

This book represents a new stage in the author's project to contribute at the development of the humanistic social work theory and methodology, with special attention paid to the professional practitioner (social worker, caregiver, psychologist, etc.), to his psychological-spiritual and humane qualities and conducts in practice. * In the PART I is presented THE HUMANISTIC SOCIAL WORK PROJECT – the author's initiative, started in 2009, with the assumed aim to enhance the effective presence of the humanistic values, theories and practices in contemporary social work, a theoretical, axiological and methodological framework, a heuristic laboratory, a philosophical, scientific and professional forum wherein it can be set, what could be called, the theory, axiology and methodology of the Humanistic Social Work. * PART II, HUMANE AND SPIRITUAL QUALITIES OF THE PROFESSIONAL IN HUMANISTIC SOCIAL WORK is the basic body of the paper, and is composed predominantly of three chapters. The Chapter 1, Humanistic Social Work - The Third Way in Social Work Theory and Practice, is devoted to present, theoretically, the concept, doctrine and specific of humanistic social work, with emphasis on its main sources, values, theories, practices and methods, to circumscribe, philosophically and doctrinally, Humanistic Social Work as the third way, alongside Traditional/Conventional Social Work and Radical/Critical Social Work, in the contemporary social work practice and theory, with the assumed claim to imposing even as dominant in the future. The Chapter 2, Humane Personality and Soul – Personal-Psychological Sources of the Professional's Humane and Spiritual Qualities, shows what might be called, in the author's view, the personal-psychological sources of the professional's humane and spiritual qualities in humanistic social work practice, mainly the soul (as the main component of the psychological-ontological sphere of the humane personality), with the sub-spheres: affective (social) soul, spiritual soul (mystical, playful, aesthetic, moral, intellectual) and humane soul. It is not negligible nor the role of the axiological-moral/prosocial sphere, or of the motivational-energetical sphere. In the Chapter 3, Humane and Spiritual Qualities of The Professional in Humanistic Social Work Practice - effectively is reached the content of the topic proposed by the book's main title, approaching so the theme regarding the humane and spiritual qualities of the professional starting from the category of "humane personality of the professional", and insisting on the necessity to define it in connection with the spiritual-humanistic mode/ way of representation and approach of the customer. * The PART III of the book, IDEAS, FRAGMENTS, ELEMENTS OF SOME NEW TEXTS (in working) IN THE HUMANISTIC SOCIAL WORK PROJECT, includes three works, in preparation, to whom is wishing to appear, in the near future, within the project, respectively "Humanistic Social Work: The Third Way in Social Work Theory and Practice", "Humanistic Social Work Practice" and "Humanistic Social Work: Humane Personality and Humane Relationships – Basic Resources of Practice". * The paper ends with some CONCLUSIVE CONSIDERATIONS, where it is inferred the key conclusion that, operating into the sphere of human relations, the main purpose of the professional's activity, with his humane and spiritual qualities, is that to transform them in HUMANE relationships. To this end, his qualities represents essential personal-professional resources that can facilitate the change, that can humanize the troubled social relationships, the dehumanized, dysfunctional microcommunity, This new environment will impose,

Humane and Spiritual Qualities of the Professional

Theories, Methods, and Practices

A Nonmedical Model of Emotional Healing

Humanistic Psychology

The Handbook of Humanistic Psychology

Meaning Systems and Mental Health Culture

Existential Psychology East-West (Volume 2)

Why do you practice psychotherapy? In this exciting volume, some of the field's leading therapists tell true stories which evoke the pleasures, joys, and satisfactions that inspire passion for therapeutic work. Rather than focusing on the stresses and strains of being a clinician, these dramatic, poignant, wise, sometimes humorous and always soulful stories will help you gain (or regain) hope and excitement, and ultimately inspire a recommitment to a profession that, at its heart and soul, is about helping people.

Elkins, a long-time leading voice in humanistic psychology, presents a compelling case about what is wrong with contemporary psychotherapy and how, through a re-envisioned humanistic psychology, it needs to change.

Incorporating the thinking, feeling, and behaving dimensions of human experience, the ninth edition of Corey's best-selling text offers an easy-to-understand text that helps students compare and contrast the therapeutic models expressed in counseling theories. Corey introduces students to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, and others) and demonstrates how each theory can be applied to a single case (Stan). With his trademark style, he shows students how to apply these theories in practice, and helps them learn to integrate the theories into an individualized counseling style. This book is the center of a suite of products that includes a revised student manual, Case Approach to Counseling and Psychotherapy (2013), The Art of Integrative Counseling (2013) and media resources like the DVDs titled DVD for Theory and Practice of Counseling and Psychotherapy: The Case of Stan and Lecturettes, and DVD for Integrative Counseling: The Case of Ruth and Lecturettes, which features the same videos as the Integrative Counseling CD-ROM redesigned for today's classrooms. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Humanistic Psychology A Clinical Manifesto: a Critique of Clinical Psychology and the Need for Progressive Alternatives University of Rockies Press

Affirming Mental Health Practice

A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine

Shadows & Light (Volume 1 Principles and Practice)

Theory and Practice of Group Counseling

Developments in Qualitative Psychotherapy Research

The Bioethics of the "Crazy Ape"

Existential Psychology East West (Volume 1 - Revised and Expanded Edition)

The dominant paradigm in psychotherapy is the medical model, which views therapy as a clinical treatment rather than a healing interpersonal connection. Words like patient, diagnosis, symptoms, treatment, and modalities reflect this medically oriented view of therapy. In this book, David Elkins cogently argues that while the medical model remains widely accepted, science shows it to be inappropriate. A wealth of evidence suggests that healing occurs through human connection and social interaction, not modalities and techniques. Elkins presents a nonmedical model of psychotherapyone that places common factors, particularly human factors, at the center and moves modalities and techniques to the periphery. In this concise volume, he summarizes the supporting evidence from various fields, including clinical psychology, attachment theory, social relationships research, neuroscience, and evolutionary theory.

This handbook is a comprehensive guide to understanding the lives/relationships of CNM individuals for mental health professionals and trainees. This text provides critical foundational knowledge and concrete recommendations for serving this diverse and unique population. Ideal for anyone just starting or even considering a career in the helping professions, Corey and Corey's BECOMING A HELPER, Eighth Edition, provides an overview of the stages of the helping process while equipping you with the skills and knowledge you need to become a successful helping professional. Drawing on their years of practice, the authors focus on the struggles, anxieties and uncertainties students often encounter on the road to becoming effective helpers. Providing a candid look at the demands and strains of real-world practice -- including the challenges involved in becoming an effective helper as well as the difficulties of working with others -- the book helps you determine if this career is a good fit for you. It is an excellent resource for those pursuing a career in human services, counseling, social work, psychology, couples and family therapy, or related professions. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This book represents a bold attempt to address contemporary issues in both metaphor and psychotherapy research. On one hand, metaphor research is increasingly concerned not just with describing metaphors in discourse, but how they could be used more adroitly in purposive 'real world' contexts such as psychotherapy. On the other hand, while a growing number of mental health professionals believe that metaphors contribute in some way to the psychotherapy process, their ability and willingness to use metaphors might be compromised by a relative unfamiliarity with the various nuanced aspects of metaphor theory. The present analysis of metaphors in authentic psychotherapeutic talk brings these theoretical aspects to the forefront, and suggests how they can be applied to enhance the use of communication of metaphors in psychotherapy. It should be of interest to metaphor researchers, mental health professionals, and discourse analysts in general.

Understanding Contributions and Controversies

The Art of Integrative Counseling

Critical Perspectives on Contemporary Counseling and Psychotherapy

Encounters with Four Questions about Knowing, Effectiveness, and Truth

Integral Psychology

The Relevance of Alan Watts in Contemporary Culture

Globalisation and Education Reforms

Learning how to work effectively with a broad range of clients and their presenting issues is a vital part of a career as a therapist, but engaging with the often conflicting worlds of descriptive psychopathology and the subjective meanings of the therapist and client is a real challenge for trainees. They have to develop the skills and knowledge to work effectively with a broad range of clients and their presenting issues. With the support of expert contributors, Pam James and Barbara Douglas help your students to confidently do just that, proving a comprehensive introduction to the theory, research and practice behind a range of common presenting issues. Key issues covered include: - Anxiety - Bipolar disorder - Psychosis - Eating disorders - Borderline personality disorder This book should be on the desk of every counselling, psychotherapy and counselling psychology trainee, and is recommended reading for other practitioners of health and social care working with these common presenting issues.

Generalist Social Work Practice provides students with the foundational skills and knowledge needed to serve clients across micro, mezzo and macro areas of practice. Author Janice Gasker brings a focus on self-reflection as the first stage in the planned change process and writes with the perspective that we consider work at all levels of practice to be interconnected. In accordance with the 2015 Educational Policy and Accreditation Standards (EPAS) set forth by the Council of Social Work Education (CSWE), the planned change process is presented as dynamic and interactive, providing students with a clear understanding of how each stage of the planned change process can be utilized to address the text from 17 writers includes a spectrum of aging topics: finances, health—including the changing brain, cancer, and heart disease—choosing a home, caregiving, ethical wills, aging parents, and spirituality.

Existential Psychology East-West (Volume 2) emerged from continued dialogues on existential psychology, particularly existential-humanistic psychology, in Southeast Asia. This volume includes authors from Southeast Asia, India, Africa, Europe, and the United States, including Xuefu Wang, Louise Sundararajan, Mark Yang, Louis Hoffman, Al Donna Rockwell, Ilene Serlin, Rainbow Tin Hung Ho, Rochelle Suri, Meili Pinto, and Anthony K. Mkyi. The book is divided into three sections: 1) Theory and Practice, 2) Applications and Case Illustrations, and 3) Existential Perspectives on Cultural Myths. The first three chapter focus on Zhi Mian Therapy, an indigenous Chinese approach to exist. These chapters are the most comprehensive overview of Zhi Mian Therapy in English to date. Other theory chapters include a discussion of international psychology from an existential-humanistic perspective, the concept of Sui Wu Fu Xing, men's violence against women, Sunyata, and the concept of savoring. The second section focuses on illustrations to illuminate the practice of existential therapy in different cultural contexts. The final section expands upon existential perspectives of myths as developed in Rollo May's The Cry for Myth and Existential Psychology East-West (Volume 1). Seven myths from different cultural contexts are examined from an existential perspective.

Existential-Psychology East-West (Volume 2) represents a landmark contribution to the existential psychology literature.

Yoga, Growth, and Opening the Heart

Metaphor in Psychotherapy

Becoming a Helper

Personal Development and Community Development

Generalist Social Work Practice

Humanistic Social Work – The THIRD WAY in Theory and Practice

The Human Elements of Psychotherapy

In ancient China, a revered Taoist sage named Zhuangzi told many parables. In *Existential Psychology and the Way of the Tao*, a selection of these parables will be featured. Following each parable, an eminent existential psychologist will share a personal and scholarly reflection on the meaning and relevance of the parable for psychotherapy and contemporary life. The major tenets of Zhuangzi's philosophy are featured. Taoist concepts of emptiness, stillness, Wu Wei (i.e. intentional non-intentionality), epistemology, dreams and the nature of reality, character building in the midst of pain, meaning and the centrality of relationships, authenticity, self-care, the freedom that can come from one's willingness to confront death, spiritual freedom, and gradations of therapeutic care are topics highlighted in this book.

Useful as a supplemental text in advanced theories and practicum courses, this fourth edition discusses the key concepts and techniques from many contemporary theories and how to develop an integrative approach to the counseling process to better meet individual client needs. Dr. Corey introduces the techniques that he draws from in his own integrative approach to counseling using a wide variety of case examples with diverse clients. Topics covered include assessing presenting issues; developing a productive working alliance; establishing therapeutic goals; understanding and addressing diversity; working with resistant clients; using evidence-based practice in cognitive, emotive, and behavioral work with clients; dealing with transference and countertransference; and incorporating trends in integrative therapies. To encourage active learning, reflective exercises throughout the text provide readers with opportunities to put themselves in the role of therapist and client. "No one knows more about theory-based counseling than Gerald Corey, who has spent the past 50+ years helping us to gain real insight into multiple models. In this book, Corey takes readers from forming a working alliance with clients through the processes for setting and achieving goals. His skill at and understanding of the termination processes is worth the entire book. Not only will The Art of Integrative Counseling be the core text for counseling process and skills courses, it will provide the foundation for effective, truly integrated counseling throughout one's career." —James Robert Bitter, EDD, East Tennessee State University

"Gerald Corey's fourth edition of *The Art of Integrative Counseling* provides important concepts to consider when developing an integrative approach to working with clients. For beginning counselors, it demonstrates how one can be integrative whether one is behaviorally, cognitively, or affectively oriented. For more advanced counselors, it reminds them of the wealth of information that all theories offer and how techniques or theories can be synthesized into a more effective approach. Whether you are a new counselor trying

to figure out how to integrate the many theories you learned about, or a seasoned professional seeking new ways of working with clients, this book has something for you." —Edward Neukrug, EdD, Old Dominion University *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

A hard-hitting critique of how managed care and the selective use of science to privilege quick-fix therapies have undermined in-depth psychotherapy—to the detriment of patients and practitioners In recent decades there has been a decline in the quality and availability of psychotherapy in America that has gone largely unnoticed—even though rates of anxiety, depression, and suicide are on the rise. In *Saving Talk Therapy*, master therapist Dr. Enrico Gnaulati presents powerful case studies from his practice to remind patients and therapists alike how and why traditional talk therapy works and, using cutting-edge research findings, unpacks the problematic incentives in our health-care system and in academic psychology that explain its decline. Beginning with a discussion of the historical development of talk therapy, Dr. Gnaulati goes on to dissect the factors that have undermined it. Psychotropic drugs, if no longer thought of as a magical cure, are still over-prescribed and shunt health-care dollars to drug corporations. Managed-care companies and mental health “carve outs” send health-care dollars to administrators, drive many practitioners away, and over-burden those who remain. And drawing back the curtains on CBT (cognitive behavior therapy), Dr. Gnaulati shows that while it might be effective in the research lab, its findings are of limited use for the people’s complex, real-world emotional problems. *Saving Talk Therapy* is a passionate and deeply researched case for in-depth, personally transformative psychotherapy that incorporates the benefits of an evidence-based approach and psychotropic drugs without over-relying on them.

Ordinary Ecstasy

Philosophical Issues in Counseling and Psychotherapy