

# Counseling Theories Comparison Chart

Theory name	Emphasis on human nature	Root psychological problem	Therapeutic approach
<b>Psychoanalytic</b>	Conflicts within the unconscious shape thoughts, feelings, and behaviors	Unresolved childhood experiences, defense mechanisms	Dream analysis, free association, exploration of unconscious
<b>Adlerian</b>	Strive for superiority, belonging	Feelings of inferiority, lack of social connection	Encouragement, tasks to build self-esteem & social connection
<b>Existential</b>	Freedom and responsibility in the face of absurdity	Anxiety about creating meaning in life	Finding meaning & responsibility in choices
<b>Person-centered</b>	People are inherently good and capable of self-growth	Negative self-image, incongruence between ideal & real self	Unconditional positive regard, empathy, genuineness
<b>Gestalt</b>	Focus on present experience, self-awareness	Unfinished business, blocked emotions	Awareness exercises, integrating unfinished business
<b>Behavior</b>	Learned behaviors influence well-being	Unwanted behaviors reinforced by environment/negative social modeling	Conditioning techniques, exposure therapy, skills training
<b>Cognitive behavior theory (CBT)</b>	Thoughts, behaviors, emotions interact	Unhealthy thought patterns, learned behaviors	Cognitive restructuring, exposure therapy, behavioral techniques
<b>Reality</b>	Meeting basic needs for mental health, people have control over themselves	Unmet basic needs, distorted perceptions	Fulfilling basic needs, reality testing
<b>Feminist</b>	Focuses on gender roles & power dynamics	Gender oppression, societal expectations	Empowerment, challenging societal norms
<b>Postmodern</b>	Challenges grand narratives, emphasizes social constructs	Dominant maladaptive narratives lead to negative identity construction	Recognizing client strengths and the language creates meaning, deconstructing narratives, exploring power dynamics
<b>Family systems</b>	Individuals function within a system	Family dynamics, unhealthy communication patterns	Family therapy techniques to improve communication & interaction

Reference: Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.

# Counseling Theory And Practice

**Neukrug**



## **Counseling Theory And Practice:**

**Counseling Theory and Practice** Edward Neukrug, Danica G. Hays, 2022-07-23 Developed for helping professionals the third edition of Counseling Theory and Practice explains what it means to be an effective helper discusses foundations of classic counseling and psychotherapy theories and provides an overview of emerging theories Chapter 1 examines the efficacy of counseling and therapy ethical concerns of counseling practice and provides students the opportunity to examine their view of human nature and how it aligns with the theories in the text The rest of the book examines classic and emerging theories Section 1 explores psychodynamic approaches including psychoanalysis Jungian therapy and Adlerian therapy Section 2 is devoted to existential humanistic approaches such as existential therapy Gestalt therapy and person centered counseling while Section 3 discusses cognitive behavioral approaches including cognitive behavior therapy CBT rational emotive behavior therapy REBT and reality therapy RT Section 4 describes post modern therapies including narrative therapy solution focused brief therapy and relational cultural therapy a form of feminist therapy New to this edition is the last section on the emerging theories of acceptance and commitment therapy ACT dialectical behavior therapy DBT and neurocounseling In this edition Ed Neukrug is joined by Danica Hays who uses her expertise on efficacy cultural diversity and gender issues to enhance each chapter In addition to the new chapters on emerging theories the text uses inclusive language and fully updated references adds new vignettes and highlights existing videos and websites created by Dr Neukrug This book is accompanied by an expanded Cognella Active Learning component for students comprised of videos reflection exercises PowerPoint slideshows flashcards and quizzes in a digital environment This is an ideal text for both pre service professionals and those already in the field Watch Ed Neukrug discuss what makes the third edition of Counseling Theory and Practice an ideal resource for classroom use here For a full listing of all Cognella titles written by Edward Neukrug visit [titles.cognella.com/edward-neukrug](https://titles.cognella.com/edward-neukrug)

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therapy ACT dialectical behavior therapy DBT and neurocounseling In this edition Ed Neukrug is joined by Danica Hays who uses her expertise on efficacy cultural diversity and gender issues to enhance each chapter In addition to the new chapters on emerging theories the text uses inclusive language and fully updated references adds new vignettes and highlights existing videos and websites created by Dr Neukrug This book is accompanied by an expanded Cognella Active Learning component for students comprised of videos reflection exercises PowerPoint slideshows flashcards and quizzes in a digital environment This is an ideal text for both pre service professionals and those already in the field Watch Ed Neukrug discuss what makes the third edition of Counseling Theory and Practice an ideal resource for classroom use here

**Theory and Practice of Counseling and Psychotherapy** Gerald Corey,2012-02-17 Incorporating the thinking feeling and behaving dimensions of human experience Corey s best selling THEORY AND PRACTICE OF COUNSELING AND PSYCHOTHERAPY 9E International Edition 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 postmodern approaches and demonstrates how each theory can be applied to a single case Stan With his trademark style he shows students how to apply those 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

**Counseling Theory and Practice** Edward S. Neukrug,2010-02-05 COUNSELING THEORY AND PRACTICE provides a unique in depth presentation of all the major theories of counseling and psychotherapy Author Edward S Neukrug discusses twelve theories that cover four broad conceptual approaches in the text psychodynamic existential humanistic cognitive behavioral and post modern Each COUNSELING THEORY AND PRACTICE chapter provides a consistent framework to help students understand the theories and their applications including theorist biographies key concepts the therapeutic process and key words and names The conclusion of each chapter features a member of a fictitious family The Millers participating in the type of therapy discussed in the chapter A DVD available for packaging with the text includes short specific clips that illustrate individual theories in action Important Notice Media content referenced within the product description or the product text may not be available in the ebook version

**Counseling** Rickey L. George,Therese Stridde Cristiani,1990 This overview of counseling covers the foundations theories and practices of the profession The presentation is well balanced not emphasizing any particular theoretical orientation This edition includes current information regarding the role of the counselor in various CACREP approved settings and current issues such as AIDS gender issues gays and lesbians older adults and survivors of

childhood sexual abuse      **Counseling Theory** Richard D. Parsons, Naijian Zhang, 2014-01-16 Organized around the latest CACREP 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

Counseling Harold B. Pepinsky, Pauline Nichols Pepinsky, 1954 In this book we contend that the psychologist who engages in counseling can be both practitioner and scientist that he can contribute to knowledge while helping clients Admittedly few counselors are theorists in the strict sense of the term but inevitably every counselor will bring to his work with clients certain assumptions He will have some underlying rationale vague and implicit though it may be for what he does some hunches about what different clients will do in different situations and some general ideas about the counseling procedures that are apt to be effective If he is to make claims for the efficacy of his practice he must be willing to subject these ideas to empirical test Only then can he begin to find out whether what he has done works and how it works Only as the counselor makes communicable what he does can his knowledge be imparted to others This book begins with our argument for reconciling the dual roles of practicing counselor and researcher and proceeds to a short guided tour of current empirical and theoretical approaches to counseling We do not insist upon the adoption of any particular approach to counseling But we do urge the practicing counselor to make explicit his own assumptions and to use them in making verifiable predictions about the observable behavior of clients and counselor PsycINFO Database Record c 2005 APA all rights reserved      *Counseling Theory and Practice (Custom Abridged Edition)* Neukrug, 2018-03-30      **Counseling** James C. Hansen, Richard R. Stevic, Richard W. Warner (Jr.), 1982 Major theories of counseling are presented in historical context reflecting the developments in psychodynamic theory existential and humanist ideas and the evolution of cognitive behavioral ideas Following the coverage of theory the authors apply the theories to practice providing an integrated examination of the process Any course focusing on theory and or the process and procedures of counseling      **Theory and Practice of Group Counseling** Gerald Corey, 2004      *Handbook of Career Counseling Theory and Practice* Mark Savickas, 1996 This landmark book provides the latest thinking among the leading figures in career counseling psychology on theoretical issues and their practical applications Twenty eight contributions address the integration of career counseling theory and practice how major counseling theories are proving useful in career intervention the use of career assessment instruments and new directions in theory and practice      **Culturally Diverse Counseling** Elsie Jones-Smith, 2018-10-09 *Culturally Diverse Counseling Theory and Practice* adopts a unique strengths based approach in teaching students to focus on the positive attributes of individual

clients and incorporate those strengths along with other essential cultural considerations into their diagnosis and treatment. With an emphasis on strengths as recommended in the 2017 multicultural guidelines set forth by the American Psychological Association (APA), this comprehensive text includes considerations for clinical practice with twelve groups including older adults, immigrants and refugees, clients with disabilities, and multiracial clients. Each chapter includes practical guidelines for counselors, including opportunities for students to identify and curb their own implicit and explicit biases. A final chapter on social class, social justice, intersectionality, and privilege reminds readers of the various factors they must consider when working with clients of all backgrounds.

**Theories of Counseling and Therapy** Jeffrey A. Kottler, Marilyn J. Montgomery, 2010-12. A core text for courses on Theories of Counseling and Psychotherapy, this book represents an experiential approach to understanding and applying theory. It is written in a student-friendly style that enables students to comprehend the various and complex theories, apply the material to their own lives through the use of many reflective exercises in every chapter, and internalize the content of the course. The original edition was published by Pearson. The new edition will be updated and expanded. In addition, the new text will have more primary source material, theory in action boxes, and Voice of Experience boxes that feature experts from the field. In addition, a DVD of several clinicians demonstrating their theory in action will be included, and sample lesson plans with primary source material, sample syllabus with class activities, a table showing how the textbook can be used to meet specific accreditation requirements, and practice quizzes for students will also be included.

**An A-Z Counseling Theory and Practice** William Stewart, 1997-05-01. *COUNSELING THEORY AND PRACTICE*. EDWARD S. NEUKRUG, 2024. [Theory and Practice of Counseling](#) Gerald Corey, 2013-12-19. *Theory and Practice of Counselling and Psychotherapy South African Edition* provides an easy-to-understand text which helps students compare and contrast the therapeutic models expressed in counselling theories. Corey introduces you to the major theories: psychoanalytic, Adlerian, existential, person-centred, Gestalt, reality, behaviour, cognitive, behaviour, family systems, feminist, and postmodern approaches, and demonstrates how each can be applied to a single exemplar case that of a fictional character, Graham.

*Group Counseling* Don C. Dinkmeyer, James J. Muro, 1979. **BIBLE TEACHING about CHRISTIAN COUNSELING: Theory and Practice** Willis C. Newman, 2006-06-24. The potent Cognitive Therapy is taught but with the careful guidance of solid biblical principles. This introductory ebook gives an excellent framework from which to evaluate other systems of counseling and to develop your own system of pastoral or Christian counseling. A selected bibliography points you to a rich mine of information. There are 112 pages brimming with over 50,000 valuable words and dozens of carefully selected, proven concepts designed to greatly increase your knowledge and skills in pastoral and Christian counseling from a compelling biblical viewpoint.

**Studyguide for Counseling Theory and Practice by Neukrug, Edward S.** Cram101 Textbook Reviews, 2013-05. Never HIGHLIGHT a Book Again! Virtually all testable terms, concepts, persons, places, and events are included. Cram101 Textbook Outlines gives all of the outlines, highlights, notes for your

textbook with optional online practice tests Only Cram101 Outlines are Textbook Specific Cram101 is NOT the Textbook Accompanys 9780521673761 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

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