

《咨询服务与心理疗法》

图书基本信息

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内容概要

在线阅读本书

Foundations of Counseling and Psychotherapy provides an overview of the most prevalent theories of counseling within the context of a scientific model that is both practical and up-to-date. Authors David Sue and Diane Sue provide you with the best practice strategies for working effectively with your clients using an approach that recognizes and utilizes each client ' s unique strengths, values, belief systems, and environment to effect positive change. Numerous case studies, self-assessment, and critical thinking examples are included.

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作者简介

DAVID SUE, PhD, is a Professor of Psychology and an associate at the Center for Cross-Cultural Research at Western Washington University in Bellingham, Washington. DIANE M. SUE, PhD, has twenty-eight years of experience in the fields of school counseling and school psychology and is a Nationally Certified School Psychologist.

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书籍目录

1. Science and Diversity in Psychotherapy: Important Perspectives. 2. Evidence-Based Practice in Psychotherapy: Techniques and Relationships. 3. Therapist-Client Relationship Skills. 4. Contextual and Collaborative Assessment. 5. Diagnosis and Conceptualization. 6. Psychodynamic Theory and Techniques. 7. Interpersonal Therapy. 8. Core Conflictual Relationship Theme Therapy. 9. Humanistic Theories and Techniques. 10. Motivational Enhancement Therapy. 11. Cognitive-Behavioral Theory and Techniques. 12. Cognitive-Behavioral Therapy for Depression. 13. Dialectical Behavior Therapy. 14. Multicultural Counseling Theory. 15. Multicultural and Diversity Issues in Counseling and Psychotherapy. 16. Assessment and Intervention in Emergency Situations. 17. Understanding Psychopharmacology. 18. Medications Used with Psychological Disorders. Appendix A. Issues Related to Specific Populations. Appendix B. Psychotropic Medications

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媒体关注与评论

"David and Diane Sue present an up-to-date, authoritative, well-referenced, and well-written overview of the field of psychotherapy in their text *Foundations of Counseling and Psychotherapy: Evidence-Based Practices for a Diverse Society*. This text would serve as an excellent required course text for a graduate course on psychotherapy techniques for clinical or counseling psychology students or as a text for an advanced undergraduate course for psychology majors intending to pursue graduate studies in clinical psychology. The text's strengths are in the clear writing, the up-to-date research references, and the inclusion of supplemental readings and appendices. (PsycCRITIQUES, 7/29/09)

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名人推荐

A provocative and contemporary exploration of counseling theories. The drive toward evidence-based practices and the related debate among practitioners has translated into a time of significant change in the fields of counseling, psychotherapy, and social work with an evolution underway that is significantly shifting the practice of counseling and psychotherapy. **Foundations of Counseling and Psychotherapy: Evidence-Based Practices for a Diverse Society** provides an overview of the most prevalent theories of counseling within the context of a scientific model that is both practical and up-to-date. Employing a scientist-practitioner model, with an emphasis on connecting theory with empirically supported therapies, and a strong diversity and contextual perspective, this text prepares readers with a solid sense of how the various therapeutic approaches differ and how each can be applied in clinical practice. Authors David Sue and Diane Sue provide readers with the best practice strategies for working effectively with clients using an approach that recognizes and utilizes each client's unique strengths, values, belief systems, and environment to effect positive change. **Highlights include:** Unique conceptual framework recognizing individual diversity and the need to consider individual variables when applying specific theoretical models and counseling strategies. Integrates theory with intervention and discusses research findings, critical thinking, and evidence-based practice guidelines. Covers special topics not covered in other texts, including crisis, suicide, violence assessment, and psychopharmacology. Combines theory and research with hands-on therapeutic skills training, covering intake interviews, assessment, diagnosis, and treatment. Filled with numerous case studies, self-assessment and critical thinking examples, this thought-provoking text skillfully equips students and practitioners with the tools to feel confident in the use of empirically supported techniques in the practice of counseling and psychotherapy.

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