

**Counseling Theory & Practice: Theory Summaries**

Theory	View of Human Nature	Key Concepts/Causes	What changes can be made?	Interventions
Behavioral Bibliotherapy Cognitive-Behavior	People can learn to recognize triggers.	•	<ul style="list-style-type: none"> <li>• Goal is to adjust information-processing and initiate positive change</li> <li>• Teaches individuals to use conscious control to recognize and override maladaptive responses</li> </ul>	<ol style="list-style-type: none"> <li>1. Identify ineffectiveness of current attitudes</li> <li>2. Help student see experience directly</li> <li>3. Change experiences of client/student</li> </ol> Homework, journaling, role-play, shaping (small steps toward goal)
Conjoint Family (Virginia Satir)	People can learn what they don't know & can change	<ul style="list-style-type: none"> <li>• Self-esteem (irresponsibility &amp; poor communication symptoms of low self-esteem)</li> <li>• Roles in families: placater, blamer, computer, distractor, leveler</li> </ul>	<ul style="list-style-type: none"> <li>• 4 components of family subject to change: members feelings of self-worth, family communication, the system, rules of a family</li> </ul>	<ul style="list-style-type: none"> <li>• Help families operationalize worlds like love and respect, become more aware of expectations for each other</li> <li>• Increase self-esteem in all members</li> <li>• Teach members to understand their encounters w/ each other and learn leveling responses</li> <li>• Encourage members to take responsibility for own actions</li> </ul>
Existential/Constructivist	Learning what it means to be human	<ul style="list-style-type: none"> <li>• Stresses the understanding of persons rather than a system of techniques</li> <li>• Existential paradox: humans are both free &amp; dependant on relationships</li> <li>• We search for meaning</li> </ul>	<ul style="list-style-type: none"> <li>• Self awareness (the more aware we are, the more freedom we experienced)</li> <li>• The more freedom we experience, the more responsible we are for our freedom, existence, actions</li> <li>• Awareness of freedom sometimes creates anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Goal of therapy is to expand self-awareness and increase choice potentials</li> <li>• Become free &amp; responsible to direction of one's life</li> <li>• Reflection; self-disclosure, roleplaying, confrontation, open questions that address the "why" issues</li> </ul>
Gestalt Narrative	Postmodern, reality is what the person determines it to be	<ul style="list-style-type: none"> <li>• Reality is constructed in the context of interpersonal interactions</li> <li>• Language (verbal &amp; nonverbal) organizes relational events into narratives that hold meaning</li> <li>• The person is not the problem; the problem is the problem</li> </ul>	<ul style="list-style-type: none"> <li>• Client can re-write their personal narrative to be more resilient</li> <li>• If our personal narrative changes, so can our view of our identity</li> <li>• We can change our meaning; make sense of our experiences</li> </ul>	<ul style="list-style-type: none"> <li>• Externalization (The Self-Doubt monster); separate the problem from the person</li> <li>• Finding unique outcomes</li> <li>• Joining through metaphor</li> </ul>
Paradoxical Brief	Drive for independence, wants to resist	<ul style="list-style-type: none"> <li>• Counselor takes advantage of the idea that the client wants to prove the counselor wrong</li> </ul>	<ul style="list-style-type: none"> <li>• Focus is on the problem formation and elimination</li> </ul>	<ul style="list-style-type: none"> <li>• "one-up"/"one-down"</li> <li>• Problems reframed as</li> </ul>
Person-Centered (Carl Rogers)	Forward moving, core of positive goodness; realistic;	<ul style="list-style-type: none"> <li>• Clients know themselves best</li> <li>• Therapy rooted in the client's capacity for awareness &amp; ability to make decisions</li> <li>• Focus on trusting relationship b/t counselor &amp; client</li> </ul>	<ul style="list-style-type: none"> <li>• Client begins counseling in state of incongruence</li> <li>• Client must perceive that there is a problem</li> <li>• Client learns that they hold responsibility in relationship</li> <li>• Client explores wider ranges of their feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Counselor helps client discover their capacity for positive adjustment</li> <li>• Counselor attitudes: Congruence (genuineness), unconditional positive regard, accurate empathic understanding</li> </ul>
Play/art Psychoanalytic	Behavior is unconscious	<ul style="list-style-type: none"> <li>• Id, ego, superego</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Analyst is anonymous (not a relationship b/t counselor &amp; client)</li> <li>• Focus on resistance &amp; transference</li> <li>• Free association</li> <li>• Analyst interprets to teach client the meaning of behavior</li> <li>• Condone ("Nobody loves you")</li> <li>• Counselors can influence the client's interpretation of events</li> </ul>
Rational-Emotive Behavior (Albert Ellis)	People are irrational; people have choices & control over own ideas, feelings & actions	<ul style="list-style-type: none"> <li>• Misinterpretation of situation</li> <li>• Person becomes angry, mean</li> <li>• Others react negatively, reinforcing irrational thought</li> <li>• Look for overgeneralizations, distortions, catastrophizing, absolutes, condemning statements</li> </ul>	<ul style="list-style-type: none"> <li>• Can change people's behavior</li> <li>• Can be persuaded to be more rational</li> <li>• We can choose to think differently</li> <li>• Treats the underlying cause (irrational thought), not just the symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Counselors can influence the client's interpretation of events</li> </ul>
Reality (William Glasser)/ Choice Theory	Problems are result of inability to meet basic needs	<ul style="list-style-type: none"> <li>• Lack of success is result of irresponsibility</li> <li>• 5 Basic Needs: Survival, belonging, power, fun, freedom</li> <li>• 3 R's: Reality, responsibility, right &amp; wrong</li> <li>• People deny the reality of the world and try to avoid logical/natural consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Can only control own behavior</li> <li>• Focus on present</li> </ul>	<ul style="list-style-type: none"> <li>• Client needs to face reality &amp; choose responsible behavior</li> </ul> <ol style="list-style-type: none"> <li>1. What are you doing now?</li> <li>2. How is it working?</li> <li>3. What might work better?</li> <li>4. Develop plan</li> <li>5. Get commitment</li> </ol>
Solution-Focused Brief	No deep, underlying problems; Present/future orientation; people are	<ul style="list-style-type: none"> <li>• Change is perpetual</li> <li>• Focus on the problematic exceptions</li> <li>• Reality is subjective &amp; socially constructed through conversation</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on small behavior changes</li> <li>• Look for the exceptions to the current problem, and build off of those</li> <li>• Often more productive to increase existing successes, rather than try and eliminate problems</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on the changeable</li> <li>• Change the pattern</li> <li>• Focus on resources, strengths</li> <li>• "Miracle question"</li> <li>• Scaling question</li> <li>• Do something different/wacky</li> <li>• Reframing, spin the negative</li> </ul>
	rational & capable of solving problems	<ul style="list-style-type: none"> <li>• Understanding problem is not necessary to resolve it</li> <li>• Focus on the presence, not the absence, of behaviors</li> </ul>		
Strategic		<ul style="list-style-type: none"> <li>• Goal is to help family change thinking, behaviors, interactions</li> <li>• Focus on hierarchy &amp; generational boundaries</li> <li>• Dysfunctional families develop patterns of interaction that sustain the problem; changing the pattern may result in positive change</li> </ul>	<ul style="list-style-type: none"> <li>• Re-establish parents natural authority over the child</li> </ul>	<ul style="list-style-type: none"> <li>• Directives that change the family interaction pattern</li> <li>• Introduce new behaviors</li> <li>• Focus on presenting problem</li> </ul>
Strategic Planning	Students may not know how to plan for long-term	<ul style="list-style-type: none"> <li>• n/a</li> </ul>	<ul style="list-style-type: none"> <li>• Teach students how to link with resources</li> <li>• Gain life/ coping skills</li> <li>• Focus on solving the presenting problem</li> </ul>	<ul style="list-style-type: none"> <li>• Strategy sampling</li> <li>• Set time frames (be specific)</li> <li>• Use sub-goals if main goal is lg</li> <li>• Make a Plan B</li> </ul> <ol style="list-style-type: none"> <li>1. Identify hierarchical structure of family</li> <li>2. Identify behaviors that cause/maintain problem</li> <li>3. Develop an intervention/directive for how members are to change behaviors</li> <li>4. Evaluate effectiveness</li> </ol>
Structural Family		<ul style="list-style-type: none"> <li>• Families are governed by rules</li> <li>• Families have subsystems</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on altering the family structure</li> <li>• Shift the family focus from the identified client to the therapist, allowing the identified client to begin the process of rejoining the family as regular family member</li> </ul>	<ul style="list-style-type: none"> <li>• Joining counselor actively directs, and participates as a family member)</li> <li>• Facilitate rule changes</li> </ul>

# Counseling Theorists Study Guide

**Jon Carlson, Diane Kjos**



## **Counseling Theorists Study Guide:**

**Counseling and Psychotherapy Theories in Context and Practice Study Guide** John Sommers-Flanagan, Rita Sommers-Flanagan, 2012-05-01 EXPAND AND REINFORCE YOUR UNDERSTANDING OF COUNSELING AND PSYCHOTHERAPY THEORIES This supplementary resource to Counseling and Psychotherapy Theories in Context and Practice Second Edition will further deepen your understanding of three key components of counseling and psychotherapy theory and practice self awareness knowledge and application and skill development This Study Guide offers A pre test and post test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs An opening and closing professional development essay written by a student practitioner or faculty member who is active within the counseling or psychology professions Multiple choice practice tests for each chapter to reinforce important theories and concepts A comprehensive short answer question review for each chapter Practice activities designed to help students experience and practice implementation of each theory Critical reflections on each theory Crossword puzzles to keep learning fun A glossary of key terms for each chapter Instructor Site [www.wiley.com/go/counselingtheories](http://www.wiley.com/go/counselingtheories) Student Resource Site [www.wiley.com/go/counselingtheories](http://www.wiley.com/go/counselingtheories) [Counseling and Psychotherapy Theories in Context and Practice 2E with Study Guide and DVD Counseling Theories 2E Set](#) Sommers-flanagan, 2012-10-23

*Counseling and Psychotherapy Theories in Context and Practice Study Guide* John Sommers-Flanagan, Rita Sommers-Flanagan, 2012-05-22 EXPAND AND REINFORCE YOUR UNDERSTANDING OF COUNSELING AND PSYCHOTHERAPY THEORIES This supplementary resource to Counseling and Psychotherapy Theories in Context and Practice Second Edition will further deepen your understanding of three key components of counseling and psychotherapy theory and practice self awareness knowledge and application and skill development This Study Guide offers A pre test and post test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs An opening and closing professional development essay written by a student practitioner or faculty member who is active within the counseling or psychology professions Multiple choice practice tests for each chapter to reinforce important theories and concepts A comprehensive short answer question review for each chapter Practice activities designed to help students experience and practice implementation of each theory Critical reflections on each theory Crossword puzzles to keep learning fun A glossary of key terms for each chapter Instructor Site [www.wiley.com/go/counselingtheories](http://www.wiley.com/go/counselingtheories) Student Resource Site [www.wiley.com/go/counselingtheories](http://www.wiley.com/go/counselingtheories) *Counseling and Psychotherapy Theories in Context and Practice* John Sommers-Flanagan, Rita Sommers-Flanagan, 2015-05-20 Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice Skills Strategies and Techniques 2nd Edition is an in depth guide that provides useful learning aids instructions for ongoing assessment and valuable case studies More than just a reference this approachable resource highlights practical applications of theoretical

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students to the major theories of counseling psychoanalytic Adlerian existential person centered Gestalt reality behavior cognitive behavior family systems feminist and NEW to this edition postmodern approaches and demonstrates how each theory can be applied to a single case Stan Reviewed by 27 of the field s leading experts Corey s Seventh Edition covers the major concepts of counseling theories shows students how to apply those theories in practice and helps them learn to integrate the theories into an individualized counseling style Incorporating the thinking feeling and behaving dimensions of human experience Corey offers an easy to understand text that helps students compare and contrast the therapeutic models This book is the center of a suite of products that include a revised student manual a revised casebook a companion text and an all new CD ROM Theories of Psychotherapy and Counseling Richard S. Sharf,1996 Case examples and therapist client dialogues show how each of 12 major theories can be applied to common psychological disorders such as depression anxiety and borderline disorders or to modes of treatment such as individual couples families and groups Each theory chapter follows a similar organizational scheme covering goals assessment the therapeutic relationship techniques research current trends time limited approaches and multicultural and gender issues Comparison critique and theoretical integration are provided in the final chapter *Theories of Counseling and Psychotherapy* Elsie Jones-Smith,2014-10-29 This breakthrough edition of *Theories of Counseling and Psychotherapy An Integrative Approach* by Elsie Jones Smith sets a new standard in counseling theories books The Second Edition goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy including individual chapters on spirituality and psychotherapy strengths based therapy neuroscience and neuropsychotherapy motivational interviewing and the expressive arts therapies In every chapter the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy Up to date and easy to read the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy *Handbook on Counseling Theories, Frameworks, Approaches and Practices* NORRIS M. HAYNES,2025-01-21 This handbook is designed to provide a comprehensive and practical guide to the diverse field of counseling It serves as a valuable resource for both students and professionals in the mental health and counseling fields offering in depth coverage of major counseling theories therapeutic approaches and their practical applications The aim is to enhance understanding of the theoretical frameworks that inform practice the techniques used within these approaches and the dynamic role of counselors in addressing a wide range of mental health and emotional concerns Counseling and Psychotherapy Theories in Context and Practice 2E with DVD Counseling Theories 2E Set Sommers-flanaga,2012-10-23 Theories of Counseling and Psychotherapy Allen E. Ivey,2002 This continues to be the only counseling theory text that shows how and why to engage in the specifics of each major counseling theory It is the most detailed and specific of all texts in terms of helping students actually practice counseling and therapy The Practice Competencies provide students with specifics of how to use major strategies allowing

instructors to expect their counseling students to present portfolios of competencies indicating that they can actually engage in the theory as well as understand it The text has infused multicultural orientation and illustrates how traditional theory can be adapted with many different populations *Manual for Theory and Practice of Group Counseling* Gerald Corey,1984-10

**Readings and Study Guide for Management** Jane W. Gibson,1985 *Theories of Psychotherapy & Counseling* Richard S. Sharf,2004 Comprehensive in scope yet succinct in its description and explanation of individual theories Sharf s book introduces students to the systematic theories For each major theory presented in the text basic information about background personality theory and theory of psychotherapy provides a way for students to understand the application of the theory Using case summaries and client therapist dialogues Sharf demonstrates how twelve theories can be applied to individual therapy and to common psychological disorders such as depression anxiety and borderline disorders Sharf shows how each theory can be applied to work with groups Sharf also describes how each theory can be applied to families as well as providing a description of family systems theories in Chapter 13 Family Therapy **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 *Basic Training Program* United States. National Highway Traffic Safety Administration,1973 *Study Guide to Accompany Occupational Therapy for Physical Dysfunction* Mary Ann Bush,1989 *Theories and Strategies of Family Therapy* Jon Carlson,Diane Kjos,2002 Theories and Strategies of Family Therapy complements and expands upon the Family Therapy with the Experts video series produced by the same authors Twelve major theories of family therapy are presented Most are written by the experts who appear in Allyn Bacon s Family Therapy with the Experts video series Each chapter begins with a brief description of the theory and what makes it significant The authors then delineate the clinical perspective and the way in which their approach deals with today s diverse family forms The authors show how their theory is practiced by presenting ideas and then referencing sections in the corresponding video

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web the education and training services that had been previously carried out by the foundations were transferred to maarif i umumiye nezareti on 17 march 1857 and a minister responsible for education and training services took his place in the parliament with the establishment of the ministry the schools were divided into three levels primary

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web educational matters that affect calvert county come under the control of the county board of education code education article secs 4 101 through 4 126 the board is composed of six members five are elected by the voters to four year terms code election law article secs 8 801 through 8 806

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web sep 13 two hour late arrival for students professional learning all day sep 14 board of education meeting 3 30 pm 5 30 pm sep 27 hs theatre improv workshop 8 00 am 1 30 pm

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web calvert county public schools will hold a school board election for 2 seats on november 8 2022 school board members are selected at large meaning voters will be able to vote for 2 of the 4 candidates on the ballot the candidates are lisa grenis jana post camille khaleesi and tracy mcguire click each candidate s name to learn

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web the following objectives are aimed at developing a multi faceted community program for substance abuse prevention instituted by the board of education community agencies to involve the services of community agencies in support programs that deal with drug abuse

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web calvert county board of education members are elected for a four year term as representatives of their communities school board members mirror the diverse democracies they serve local control of education through the board of education has made it possible for schools to enable students to fulfill their potential

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web jul 14 2022 now therefore be it resolved that the board of education of calvert county commend coaches and students for outstanding year and be it fully resolved that the school board wishes them every success in the future motion second a motion and a second all in favor congratulations

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