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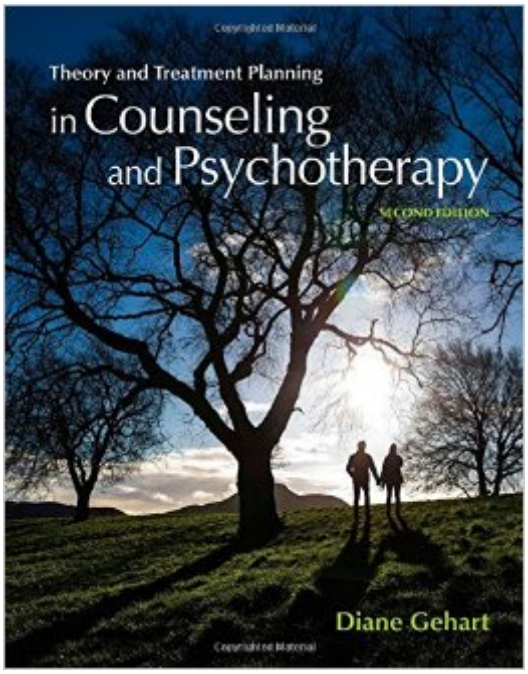
Theory And Treatment Planning In Counseling And Psychotherapy



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Synopsis

Gehart's book helps readers gain the skills and knowledge outlined in current CACREP Standards. It introduces counseling and psychotherapy theories using theory-informed case conceptualization as well as treatment planning. Assignments empower readers to apply theoretical concepts and develop real-world skills as early as possible in their training, resulting in greater mastery of the material.

Book Information

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Customer Reviews

I used another Gehart textbook in a different class and I can't say enough how much I love this author. In 6 years of academia I don't think I've actually enjoyed reading a textbook until this. She has a "needs to know" section at the beginning of each chapter so even if I haven't had time to read the entire chapter before when I need to I can read that and have some basis of understanding. She also includes information on the theorists, and even though I always skip that part I know some people really like knowing about that.I think it is INVALUABLE that each chapter also has a sample case conceptualization and treatment plan template. AS WELL AS exploring the implications for each theory of its strength's and limitation's with working with diverse clients.My only very minor complaint is the Questions for Personal Reflection and Class Discussion. For several of the chapters it really seems like this was written by someone who hadn't even read the chapter because there were questions asking about something that was very minor or barely mentioned in the chapter.

This is the most comprehensive treatment planning book I own. I wish I had bought it in my first semester of school. Gehart is a clear and engaging writer. The clinical vignettes are true-to-life. The theoretical summaries are priceless and will save you hours of confusing cross-referencing and reading. If you are involved in psychotherapy, clinical psychology, counseling or even a humanities scholar who is interested in theories of psychology, you should have this book on your reference shelf.

This book is excellent. I am using it to study for my MFT license exam. It gives you so much great information. There is so much we didn't learn in school. This book along with her YouTube videos prepared me for the exam.

Very good book for beginning masters students as well seasoned clinicians who would like to have references to theories and modalities they be currently trying or interested in trying.

Super easy to read. This was required reading for my counseling theory course. Very approachable writing style and excellent use of conversarional and intellectual writing.

Great features. Saves paper. Also means I don't have to carry around pounds of textbooks and pay hundreds for Psych books

I was very pleased with my purchase. The book arrived in excellent condition.

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