



Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques

By John Sommers-Flanagan, Rita Sommers-Flanagan

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A comprehensive, in-depth exploration of the origins, contemporary developments, and applications to practice related to each major counseling theory

Fully revised and updated, *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* is complete with useful learning aids, instructions for ongoing assessment, and valuable case studies—all designed to facilitate comprehension and lead to effective, ethical practice.

The *Second Edition* features:

- New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy
- Extended case examples in each of the twelve Theory chapters
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Showcasing the latest research, theory, and evidence-based practice, *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* is an engaging and illuminating text.

"John and Rita Sommers-Flanagan have done it again! In the revised Second Edition of their popular book, they have masterfully organized and written a compelling text that will appeal to students and faculty alike. The *Second Edition* is thoroughly pragmatic with careful attention to research and evidence-based

literature. Much to the delight of readers, extensive case analyses that illustrate major theoretical concepts abound."

—**Sherry Cormier**, PhD, Professor Emerita, West Virginia University, coauthor of *Interviewing and Change Strategies for Helpers*

"John and Rita Sommers-Flanagan have written an exceptionally practical text for students wishing to learn usable counseling principles. Their excellent scholarship is balanced by a superb treatment of counseling theory that includes a review of the strengths, limitations, and means for implementing the systems represented."

—**Robert Wubbolding**, EdD, Professor Emeritus, Xavier University; Director, Center for Reality Therapy; author of *Reality Therapy* (Theories of Psychotherapy Series)

"This introductory text is written with extraordinary care and attention to detail. Not only is it one of the best resources I know of for in-depth coverage of classical therapeutic theory, it is also one of the best at illuminating cutting-edge developments, both in theory and application. Readers will greatly benefit from the clarity, comprehensiveness, and personal perceptiveness of this engaging introductory guide."

—**Kirk J. Schneider**, PhD, Faculty, Saybrook University; Vice President, Existential-Humanistic Institute; coauthor of *Existential-Humanistic Therapy* and editor of *Existential-Integrative Psychotherapy*



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Editorial Review

Review

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"This outstanding textbook does not oversimplify the major theories of counseling and psychotherapy nor does it underestimate the neophyte counselor's ability to grapple with ambiguity and complexity--it strikes just the right chord."

—**Thomas K. Burdenski**, Ph.D., Assistant Professor of Psychology and Counseling Tarleton State University

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—**Sherry Cormier**, Ph.D., Professor Emerita, West Virginia University

"Here is a textbook that indulges its reader's curiosity for theories – their complexities and nuances, so often lost in many other textbooks of similar name, receive their due here. John and Rita have an uncanny knack for dismantling the jargon that often distances emerging counselors from the utility and elegance of counseling and psychotherapy theories. If there is such a thing in academe, this is a page-turner that you won't want to put down."

—**Kurt L. Kraus**, Ed.D., Professor of Counseling, Shippensburg University of Pennsylvania

"Significantly revised and updated, *Counseling and Psychotherapy Theories in Context and Practice* is comprehensive in scope and highly practical; thorough and accessible. With this new edition, John and Rita Sommers-Flanagan have made a quality text even better. It is an excellent resource and I highly recommend it."

—**Richard E. Watts**, Ph.D., Distinguished Professor of Counseling, Director, Center for Research and Doctoral Studies in Counselor Education, Department of Educational Leadership & Counseling, Sam Houston State University

AN IN-DEPTH EXPLORATION OF THE MAJOR COUNSELING THEORIES—ORIGINS, CONTEMPORARY DEVELOPMENTS, AND APPLICATIONS TO PRACTICE

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About the Author

John Sommers-Flanagan has a PhD in psychology and is Professor of Counselor Education at the University of Montana. He serves as a mental health consultant for Trapper Creek Job Corps. His research interests include clinical interviewing, parent consultations, and adolescent psychotherapy.

Rita Sommers-Flanagan is Professor of Counselor Education at the University of Montana. She provides mental health consultation at the Missoula Veterans Center and Trapper Creek Job Corps. She has taught and written in the area of applied, practical ethics for the past fifteen years.

John and Rita have coauthored seven books, including *Clinical Interviewing, Fourth Edition*; *Becoming an Ethical Helping Professional: Cultural and Philosophical Foundations*; and *How to Listen so Parents Will Talk and Talk so Parents Will Listen* (all published by Wiley).

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The reason? Because this Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques is an unordinary book that the inside of the guide waiting for you to snap this but latter it will zap you with the secret the item inside. Reading this book close to it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of gains than the other book get such as help improving your expertise and your critical thinking approach. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

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