



Foundations of Mental Health Counseling

By Artis J. Palmo, William J. Weikel, David P. Borsos

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The importance of mental health counseling has grown, including the array of mental health issues that arise in an uncertain and fragile world. It has been 25 years since the original edition of *Foundations of Mental Health Counseling* was published. This fourth edition expands the information in the previous editions by updating the positive changes in the field of mental health counseling including the recognition of licensed professional counselors by managed care organizations and insurance companies. There are twelve new authors that have added tremendously to the depth and breadth of the book and which offer chapters that include both practical as well as theoretical ideas and information. Presented in six sections, Section I is an overview that covers a historical perspective from which an assertive and articulate voice for the identity and advancement of mental health counseling has emerged. Section II covers the role of theory and the integration of these theories in the practice of mental health counseling, including mental health and aging, multiculturalism and diversity, career counseling, and the use of humor in counseling sessions. Section III details the expanding employment opportunities, work settings, and private practice. The issues of substance abuse and the effective counselor and intimate partner violence is addressed. Section IV presents the counselor's role in recovery and trauma counseling treatment regarding terrorism. Section V explores the licensure, credentialing, and legislation related to mental health counseling, its impact, and the counselor as a political activist. Section VI addresses assessment, research, ethics, curriculum, and trends of mental health counseling. Additionally, there are two very important segments that reflect the changing times for counselors. First, the role of counselors in dealing with disasters and terrorism, and second, the place of technology within the counselor's world and some of the issues that will be faced in coming to terms with technology in the twenty-first century. This book continues to be the most up-to-date resource in the field of mental health counseling and is a 'must read' for anyone working or aspiring to work as a mental health counselor.

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