



Theories of Psychotherapy & Counseling: Concepts and Cases

Richard S. Sharf

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Comprehensive in scope yet succinct in its descriptions and explanations, THEORIES OF PSYCHOTHERAPY AND COUNSELING: CONCEPTS AND CASES, 6th Edition equips readers with a solid understanding of the systematic theories of psychotherapy and counseling. The book delivers a thorough explanation of concepts as well as insightful case summaries and therapist-client dialogues that illustrate techniques and treatment in practice. It demonstrates how theories can be applied to individual therapy or counseling for common psychological disorders-such as depression and generalized anxiety disorders-as well as how to apply them to group therapy.

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