



# Theory and Practice of Counseling and Psychotherapy

*By Gerald Corey*

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## Theory and Practice of Counseling and Psychotherapy By Gerald Corey

Incorporating the thinking, feeling, and behaving dimensions of human experience, the ninth edition of Corey's best-selling text offers an easy-to-understand text that helps you compare and contrast the therapeutic models expressed in counseling theories. Corey introduces you to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, and postmodern approaches) and demonstrates how each theory can be applied to a single case ("Stan"). With his trademark style, he shows you how to apply those theories in practice, and helps you learn to integrate the theories into an individualized counseling style.

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### **Editorial Review**

#### **Review**

Preface. Part 1: BASIC ISSUES IN COUNSELING PRACTICE. 1. Introduction and Overview. 2. The Counselor: Person and Professional. 3. Ethical Issues in Counseling Practice. Part 2: THEORIES AND TECHNIQUES OF COUNSELING. 4. Psychoanalytic Therapy. 5. Adlerian Therapy. 6. Existential Therapy. 7. Person-Centered Therapy. 8. Gestalt Therapy. 9. Behavior Therapy. 10. Cognitive Behavior Therapy. 11. Reality Therapy. 12. Feminist Therapy. 13. Postmodern Approaches. 14. Family Systems Therapy. Part 3: INTEGRATION AND APPLICATION. 15. An Integrative Perspective. 16. Case Illustration: An Integrative Approach in Working With Stan.

#### **About the Author**

Gerald Corey is Professor Emeritus of Human Services and Counseling at California State University at Fullerton. He received his doctorate in counseling from the University of Southern California. He is a Diplomate in Counseling Psychology, American Board of Professional Psychology; a licensed psychologist; and a National Certified Counselor. He is a Fellow of the American Psychological Association (Division 17, Counseling Psychology; and Division 49, Group Psychotherapy); a Fellow of the American Counseling Association; and a Fellow of the Association for Specialists in Group Work. Both Jerry and Marianne Corey received the Lifetime Achievement Award from the American Mental Health Counselors Association in 2011, and both also received the Eminent Career Award from ASGW in 2001. Dr. Jerry Corey was given the Outstanding Professor of the Year Award from California State University at Fullerton in 1991. He regularly teaches both undergraduate and graduate courses in group counseling and ethics in counseling. He is the author or coauthor of 15 textbooks in counseling currently in print, along with more than 60 journal articles and book chapters.

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