Reviews for Counseling and Psychotherapy
Theories and Interventions
edited by David Capuzzi and Mark D. Stauffer

"This excellent and clearly written text has many impressive features, including comprehensive theoretical coverage, a strong multicultural focus, and sidebars to prompt students to pause and reflect on their learning. But my favorite component is the authors’ weaving of a diverse case study into every chapter. This book will help students articulate and apply theoretical concepts into their counseling work."

—John Sommers-Flanagan, PhD
University of Montana

"This book uniquely contributes to the field of counseling theory because it is written by experts on each theoretical paradigm who provide an overview of the basic constructs of the theory, with a variety of applications to client issues. Students can evaluate each theory and develop their theoretical orientation as they engage in personal reflection exercises and contemplate theory-specific counseling session dialogues."

—Tamara Davis, EdD
Marymount University

Featuring important theories and trends not covered in other foundational texts, this book is designed to equip the next generation of counselors with the tools they need for understanding the core dimensions of the helping relationship. Topical experts provide contemporary information and insight on the following theories: psychoanalytic, Jungian, Adlerian, existential, person-centered, Gestalt, cognitive behavior, dialectical behavior, rational emotive behavior, reality therapy/choice theory, family, feminist, transpersonal, and—new to this edition—solution-focused and narrative therapies, as well as creative approaches to counseling. Each theory is discussed from the perspective of historical background, human nature, major constructs, applications, the change process, traditional and brief intervention strategies, cross-cultural considerations, and limitations. The use of a consistent case study across chapters reinforces the differences between theories.

A complimentary test manual and PowerPoints for instructors’ use are available by request to ACA.