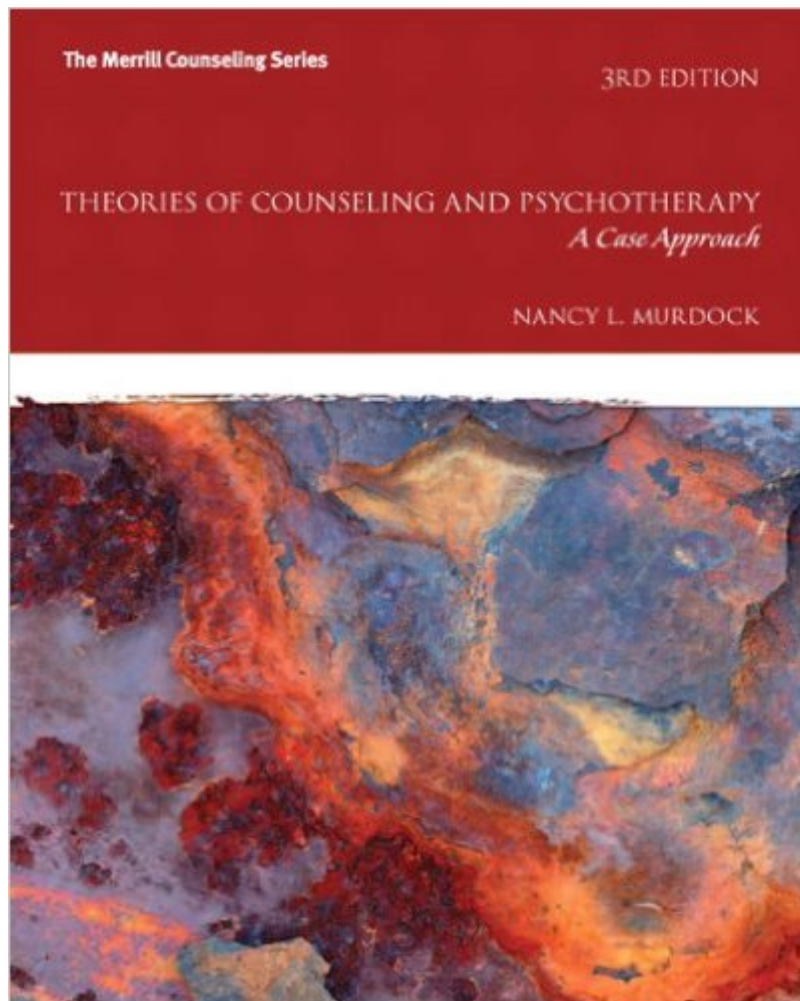


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# Theories Of Counseling And Psychotherapy: A Case Approach (3rd Edition)



## Synopsis

Note: This is the bound book only and does not include access to MyCounselingLab®. To order MyCounselingLab® packaged with the bound book, use ISBN 0134391063. Using case studies, applied examples, original source material, and her own inimitable pedagogical style, Nancy Murdock succinctly elucidates fifteen of the most influential and ground-breaking theories of psychotherapy and counseling. With this articulate guide to counseling theory, students will grasp complicated historical theory and not only understand the historical footing and uses of each, but will learn how these theories have informed each other and contributed to modern practice, while applying it to their own professional counseling experience. Examining the historical roots, evaluations, and lasting effects of Existential, Gestalt, Behavior, Cognitive, Reality, Feminist, Family, Narrative, and Solution-Focused Therapy and much more, this text equips students with the history and application necessary to bring theory to life. New Features Include: A New Chapter on Mindfulness Approaches Extensive Coverage of Ethics in Therapy Addition of Outcome and Theory-testing Research for Approaches to Therapy Coverage of Psychotherapy Outcome Research and Evidence-Based Treatment Also available with MyCounselingLab® This title is also available with MyCounselingLab® “an online homework, tutorial, and assessment program designed to work with the text to engage students and improve results. Within its structured environment, students see key concepts demonstrated through video clips, practice what they learn, test their understanding, and receive feedback to guide their learning and ensure they master key learning outcomes.

## Book Information

Hardcover: 656 pages

Publisher: Pearson; 3 edition (March 4, 2012)

Language: English

ISBN-10: 0132659786

ISBN-13: 978-0132659789

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (50 customer reviews)

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## Customer Reviews

This textbook has been great. It helps to clarify the different theories in psychotherapy. The DVD included with the book is beneficial, but it does not contain examples of each of the discussed approaches.

Authors tended to exert their opinion too much (in my opinion and other's in my class). As far as content, this book gets the job done, you will learn from it, but suffer while doing so. I would recommend trying to find a comparable book. That being said, the reasons I gave it 4 stars are one: because of the content, it is an effective book, well researched, and put together/organized fairly well, but as much as I love psychology I found it really hard to have interest in this book. And two, the last chapter is amazing in helping put all the theories together and helping you see which fit with your developing counseling style and which you do not really line up with.

This book is a great introduction to the various theories pulled upon in the counseling field. It lays out each theory, the major contributor(s), basic tenants, terminology, therapeutic goals, skills/practices, and it's downfalls. The book goes in depth and to the heart of the theories and helps to build a solid foundation of knowledge of theory for counseling students.

This is an awesome book that looks and the ideas and techniques of the most common forms of psychotherapy, as well as looking at some of the newer forms as well. Excellent book and all counseling and psychology students should have in their library for reference.

I have a degree in Marriage and Family Therapy and am going back to school to get my doctorate in Counseling. I had not been exposed to counseling theory before this book, and I liked the way the author presented the information. For the most part it was a good glimpse into the different theories. It is best with a teacher that can help the theories come alive in a classroom; I would not want to read it on its own without a more active dimension paired with it, as it was hard to get the true feel of the theory from just the book.

I love this book. For anyone interested in counseling theories this is an absolute must have.---steph

Murdock writing style is horrendous. She split up Cognitive Behavioral Therapy into two distinct chapters on behavioral and cognitive therapy which were really archaic. She could have talked about the history of both of them in far fewer words and in a single chapter. She would use the word feminist therapy, cognitive therapy, family systems therapy etc. once and then use an acronym for the rest of the chapter in referring to them which was annoying. She doesn't have a good understanding of feminist therapy, she primarily focused on 2nd wave feminism and feminist therapy which I found misleading and inaccurate in today's 3rd wave feminism. She could have provided 2nd wave feminist therapy/feminism as a backdrop to a larger discussion on more modern 3rd wave feminist therapy/feminism discussion. In addition, she didn't provide a reference section at the end of each chapter for what she cited in each chapter which I disliked. The references were located all in an appendix not sorted by chapter. However, I did like how she had a consistent set up for each chapter such as central constructs, research testability, and multicultural issues etc. It seemed she just threw in multicultural issues with no real thought or context right at the end of each chapter. I would have liked a more expanded, thoughtful exploration of multicultural issues within these various theories of counseling. Overall, if you are a professor looking for a textbook on counseling theories please do your research and not assign a textbook that other instructors have used. Students, if you want a good counseling theory textbook look elsewhere, Murdock will drive you nuts.

This is a required text for a graduate class about counseling theories. It is very well written and the style Murdock has chosen helps to solidify the different theories that she covers. Taking a case approach is brilliant as it applies the theories step by step throughout her discussions.

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