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theories. Organizing theories into  
four broad themes (Background,  
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contemporary developments, and  
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figures, research base,  
multicultural implications, and

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Practical applications of the  
following theoretical perspectives:  
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Gestalt, Person- Centered,  
Behavioral, Cognitive-Behavioral,  
Choice Theory/Reality Therapy,  
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Theories, Multicultural, and  
Eclectic/Integrative.

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Some currently preferred  
humanistic counseling therapies  
include person-centered,

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existential, emotion-focused,  
Gestalt and positive psychology.  
Cognitive: Cognitive counseling  
theories hold that people  
experience psychological and  
emotional difficulties when their  
thinking is out of sync with  
reality. When this distorted or



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"faulty" thinking is applied to  
problem-solving, the result  
understandably leads to faulty  
solutions.

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The Anxiety and Phobia

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Workbook: 4th Edition by Edmund J. Bourne (Author) 2005 Attitudes Of Gratitude by M. J. Ryan (Author) 2007 Cognitive Therapy of Depression by Aaron T. Beck (Author), Brian F. Shaw (Author), A. John Rush (Author), Gary Emery (Author) 1987 Counseling

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~~Theory References — Basic  
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theories provides skills-based practice in basic counseling skills throughout the course. Course Objectives: upon completion of this course, students will be able to identify, utilize, and explain the following areas of the counseling

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profession based on an  
understanding of the following  
2016 CACREP Standards: 1.

~~Course Syllabus Counseling  
Theories and Applications I~~

What reviewers have to say about  
Theories of Counseling and

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Psychotherapy: "Seligman provides an overview of the way the book is laid out (theory, skill exercises, large and small group activities) that is a simple and effective approach to teaching counseling theories.

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behavior, cognitive-behavior,  
family systems, feminist and,  
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approaches) and demonstrates  
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