

Recommended Supplementary Readings for Chapter 2

Leaving It at the Office: A Guide to Psychotherapist Self-Care (Norcross & VandenBos, 2018) addresses 12 self-care strategies that are supported by empirical evidence. The authors develop the position that self-care is personally essential and professionally ethical. This is one of the most useful books on therapist self-care and on prevention of burnout.

Counselor Self-Care (Corey, Muratori, Austin, & Austin, 2018) offers diverse, realistic perspectives on how to achieve work-life balance and personal wellness from graduate school through retirement. In addition to the authors' perspectives as professionals at different stages of their careers, more than 50 guest contributors share their experiences and thoughts about self-care, including what challenges them most. This book is aimed at helping readers create their own practical self-care action plan through self-reflection.

Psychotherapy Relationships That Work, Volume 1: Evidence-Based Therapist Contributions (Norcross & Lambert, 2019b) and *Psychotherapy Relationships That Work, Volume 2: Evidence-Based Responsiveness* (Norcross & Wampold, 2019) are both comprehensive treatments of the effective elements of the therapy relationship. Many different contributors address ways of tailoring the therapy relationship to individual clients. Implications from research for effective clinical practice are presented.

Becoming a Helper (M. Corey & Corey, 2021) expands on issues dealing with the personal and professional lives of helpers and ethical issues in counseling practice.

Student Manual for Theory and Practice of Counseling and Psychotherapy (Corey, 2024) is designed to help you integrate theory with practice and to make the concepts covered in this book come alive. It consists of self-inventories, overview summaries of the theories, a glossary of key concepts, study questions, issues and questions for personal application, activities and exercises, comprehension checks and quizzes, and case examples. The manual is fully coordinated with the textbook to make it a personal study guide.

The Art of Integrative Counseling (Corey, 2019) presents concepts and techniques from the various theories of counseling and provides guidelines for readers in developing their own approach to counseling practice.

Case Approach to Counseling and Psychotherapy (Corey, 2013) provides case applications of how each of the theories presented in this book works in action. A hypothetical client, Ruth, experiences counseling from all of the therapeutic models.

Personal Reflections on Counseling (Corey, 2020) is a personal book that addresses an array of questions often asked by students. Some topical question themes include creating your professional path, mentoring and being a mentee, surviving graduate school, benefiting from personal therapy, focusing on self-care and wellness, becoming an ethical counselor, managing value conflicts in counseling, using self-disclosure therapeutically, dealing with difficult clients, getting the most out of supervision, and becoming a writer.

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Further Resources

The following professional organizations provide helpful information about what each group has to offer, including the code of ethics for the organization.

- 1. American Counseling Association (ACA):** *ACA Code of Ethics*, © 2014
Visit www.counseling.org for more information on this organization.
- 2. National Board for Certified Counselors (NBCC):** *Code of Ethics*, © 2016
Visit www.nbcc.org for more information on this organization.
- 3. Commission on Rehabilitation Counselor Certification (CRCC):** *Code of Professional Ethics for Rehabilitation Counselors*, © 2017
Visit www.crc certification.com for more information on this organization.

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4. **Association for Addiction Professionals (NAADAC):** *Code of Ethics*, © 2016
Visit www.naadac.org for more information on this organization.
5. **Canadian Counselling and Psychotherapy Association (CCPA):** *Code of Ethics*, © 2007
Visit <http://www.ccpa-accp.ca> for more information on this organization.
6. **American School Counselor Association (ASCA):** *Ethical Standards for School Counselors*, © 2016
Visit www.schoolcounselor.org for more information on this organization.
7. **American Psychological Association (APA):** *Ethical Principles of Psychologists and Code of Conduct*, © 2017
Visit www.apa.org for more information on this organization.
8. **American Psychiatric Association:** *The Principles of Medical Ethics With Annotations Especially Applicable to Psychiatry*, © 2013
Visit www.psych.org for more information on this organization.
9. **American Group Psychotherapy Association (AGPA):** *Practice Guidelines for Group Psychotherapy*, © 2007
Visit www.groupsinc.org for more information on this organization.
10. **American Mental Health Counselors Association (AMHCA):** *Code of Ethics*, © 2020
Visit www.amhca.org for more information on this organization.
11. **American Association for Marriage and Family Therapy (AAMFT):** *Code of Ethics*, © 2015
Visit www.aamft.org for more information on this organization.
12. **International Association of Marriage and Family Counselors (IAMFC):** *Ethical Code*, © 2017
Visit www.iamfc.com for more information on this organization.
13. **Association for Specialists in Group Work (ASGW):** *Best Practice Guidelines*, © 2008; *Guiding Principles for Group Work*, 2021
Visit www.asgw.org for more information on this organization.
14. **National Association of Social Workers (NASW):** *Code of Ethics*, © 2021
Visit www.socialworkers.org for more information on this organization.
15. **National Organization for Human Services (NOHS):** *Ethical Standards of Human Service Professionals*, © 2015
Visit www.nationalhumanservices.org for more information on this organization.
16. **American Music Therapy Association (AMTA):** *Code of Ethics*, © 2015
Visit www.musictherapy.org for more information on this organization.
17. **British Association for Counselling and Psychotherapy (BACP):** *Ethical Framework for Good Practice in Counselling and Psychotherapy*, © 2013
Visit www.bacp.co.uk for more information on this organization.

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Recommended Supplementary Readings for Chapter 3

The Counselor and the Law: A Guide to Legal and Ethical Practice (Wheeler & Bertram, 2019) offers a comprehensive overview of the law as it pertains to counseling practice. It highlights ethical and legal responsibilities of counselors and identifies risk-management strategies.

Ethics in Psychotherapy and Counseling: A Practical Guide (Pope, Vasquez, Chavez-Duenas, & Adames, 2021) presents in clear fashion a wide range of topics in professional ethics, including ethics in real life, pitfalls in ethical judgment, therapists in a virtual world, creating a professional will, sexual attraction to clients, nonsexual multiple relationships, and using strategies for self-care.

Ethics Desk Reference for Counselors (Barnett & Johnson, 2015) is a practical guide to understanding and applying the *ACA Code of Ethics*. This reference book is easy to read, interesting, and has appeal for both students and practitioners.

ACA Ethical Standards Casebook (Herlihy & Corey, 2015a) contains a variety of useful cases and essays that are geared to the *ACA Code of Ethics*. The examples illustrate and clarify the meaning and intent of the ethical standards.

Boundary Issues in Counseling: Multiple Roles and Responsibilities (Herlihy & Corey, 2015b) puts the multiple relationship controversy into perspective. The book focuses on dual relationships in a variety of work settings.

Multiple Relationships in Psychotherapy and Counseling: Unavoidable, Common, and Mandatory Dual Relations in Therapy (Zur, 2017) presents the thoughts of 26 contributors on various dimensions of multiple relationships, including mandatory multiple relationships in military, police, and forensic settings; unavoidable contacts in rural practice; multiple relationships in faith communities; multiple relationships in educational settings; digital and social media multiple relationships; risk management challenges in a digital world; and multiple relationships in clinical supervision.

Issues and Ethics in the Helping Professions (Corey, Corey, & Corey, 2024) is devoted entirely to the issues introduced briefly in this chapter. Designed to involve readers in a personal and active way, open-ended cases are presented that ask readers to formulate their own thoughts on a wide range of ethical issues.

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Further Resources

DVDs from the American Psychological Association's Systems of Psychotherapy Video Series that address the psychoanalytic approaches discussed in this chapter include the following:

McWilliams, N. (2007). *Psychoanalytic Therapy*

Safran, J. (2008). *Relational Psychotherapy*

Safran, J. (2010). *Psychoanalytic Therapy Over Time*

Wachtel, P. (2008). *Integrative Relational Psychotherapy*

Levenson, H. (2009). *Brief Dynamic Therapy Over Time*

Psychotherapy.net (www.Psychotherapy.net) is a comprehensive resource for students and professionals, offering videos and interviews with renowned

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psychoanalysts such as Otto Kernberg and Nancy McWilliams. New articles, interviews, blogs, and videos are published monthly. Two from 2011 by Otto Kernberg are *Otto Kernberg: Live Case Consultation* and *Psychoanalytic Psychotherapy for Personality Disorders: An Interview with Otto Kernberg, MD*.

Various colleges and universities offer special workshops or short courses through continuing education on topics such as therapeutic considerations in working with borderline and narcissistic personalities. These workshops could give you a new perspective on the range of applications of contemporary psychoanalytic therapy.

For further information about training programs, workshops, and graduate programs in various states, contact the American Psychoanalytic Association (www.apsa.org).

Recommended Supplementary Readings for Chapter 4

Psychodynamic Group Psychotherapy (Rutan et al., 2014) presents a comprehensive discussion of various facets of psychodynamic group therapy. Among the topics addressed are the stages of group development, the role of the group therapist, therapeutic factors accounting for change, working with difficult groups and difficult group members, and time-limited psychodynamic groups.

Brief Dynamic Therapy (Levenson, 2017) describes a model of psychodynamic therapy that fits the reality of time-limited therapy and outlines the steps toward clinical work that is both focused and deep. This excellent book deals with how psychoanalytic concepts and techniques can be modified to suit the needs of many clients who cannot participate in long-term therapy.

Psychoanalytic Psychotherapy: A Practitioner's Guide (McWilliams, 2004) is a fine primer on psychoanalytically oriented treatment designed for beginning therapists. The author provides guidelines for addressing common clinical challenges and offers excellent points on therapist self-care, professional development, and personal therapy for practitioners.

Psychoanalysis and Psychoanalytic Therapies (Safran, 2012) describes the major turning points in the development of psychoanalytic theory and practice over time. Key theoretical concepts are discussed and interventions are described.

Psychodynamic Psychiatry in Clinical Practice (Gabbard, 2005) offers an excellent account of various psychoanalytic perspectives on borderline and narcissistic disorders.

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Further Resources

Free Podcasts for ACA Members

You can download ACA Podcasts (prerecorded interviews) by going to www.counseling.org and clicking on the Resource button, and then the Podcast Series. For Chapter 5, look for Podcast 11, Adlerian Therapy, by Dr. Jon Carlson.

Other Resources

Videos from Psychotherapy.net demonstrate Adlerian therapy with adults, families, and children and are available to students and professionals (www.Psychotherapy.net). New articles, interviews, blogs, therapy cartoons, and videos are published monthly. For this chapter, see the following:

Carlson, J. (1997). *Adlerian Therapy* (Psychotherapy with the Experts Series)

Carlson, J. (2001). *Adlerian Parent Consultation* (Child Therapy with the Experts Series)

Kottman, T. (2001). *Adlerian Play Therapy* (Child Therapy with the Experts Series)

Two other videos that depict Adlerian therapy with a real client are available from the American Psychological Association (www.apa.org/pubs/videos/index.aspx). One shows an example of brief Adlerian therapy, and the other shows six sessions working with the same client over time:

Carlson, J. D. (2005). *Adlerian Therapy* (Systems of Psychotherapy series)

Carlson, J. D. (2006). *Psychotherapy Over Time* (Psychotherapy in Six Sessions video series)

If your thinking is allied with the Adlerian approach, consider seeking training in Individual Psychology or becoming a member of the North American Society of Adlerian Psychology (NASAP). Students can join NASAP for free the first year.

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To obtain information and a list of Adlerian organizations and institutes, contact the North American Society of Adlerian Psychology (www.alfredadler.org).

The society publishes a newsletter and a quarterly journal and maintains a list of institutes, training programs, and workshops in Adlerian psychology. The *Journal of Individual Psychology* presents current scholarly and professional research. Columns on counseling, education, and parent and family education are regular features. Information about subscriptions is available by contacting the society.

If you are interested in pursuing training, postgraduate study, continuing education, or a degree, contact NASAP for a list of Adlerian organizations and institutes. A few training institutes are listed here:

Adler School of Professional Psychology (www.adler.edu)

Adlerian Training Institute, Inc. (www.adleriantraining.com)

International Committee of Adlerian Summer Schools and Institutes (www.icassi.net)

Recommended Supplementary Readings for Chapter 5

Adlerian Psychotherapy (Carlson & Englar-Carlson, 2017) is a comprehensive and concise overview of key concepts of Adlerian theory. This is a clearly written book and a useful resource for learning about the theory, process, and practice of the Adlerian approach.

Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach (Sweeney, 2019) is one of the most comprehensive books written on the wide range of Adlerian applications to therapy and wellness.

The Quest to Feel Good (Rasmussen, 2010) explores the uses of emotions in psychotherapy and how emotions can be adaptive or maladaptive responses to the tasks and demands of life. A model for adaptive reorientation within the Adlerian model is presented and demonstrated.

Learning and Practicing Adlerian Therapy (Sperry & Binensztok, 2019) is a complete manual on how to conduct Adlerian pattern-focused therapy. Using the case of Jennifer, the authors explore the principles of Adlerian psychology and take the reader through multiple sessions from beginning to termination.

The Key to Psychotherapy: Understanding the Self-Created Individual (Powers & Griffith, 2012) is a useful source of information for doing a lifestyle assessment. Separate chapters deal with interview techniques, lifestyle assessment, early recollections, the family constellation, and methods of summarizing and interpreting information.

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Further Resources

Free Podcasts for ACA Members

You can download ACA Podcasts (prerecorded interviews) at www.counseling.org; click on the Resource button and then the Podcast Series. For Chapter 6, Existential Therapy, look for Podcast 14 by Dr. Gerald Corey.

Other Resources

The American Psychological Association offers a DVD by K. J. Schneider (2009) titled *Existential-Humanistic Therapy* in their Systems of Psychotherapy Video Series.

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos and interviews on existential therapy featuring Irvin Yalom, James Bugental, and Rollo May. New video and editorial content is made available monthly. DVDs relevant to this chapter are available at www.psychotherapy.net and include the following:

Bugental, J. F. T. (1995). *Existential-Humanistic Psychotherapy in Action*

Bugental, J. (1997). *Existential-Humanistic Psychotherapy* (Psychotherapy with the Experts Series)

Bugental, J. (2008). *James Bugental: Live Case Consultation*

May, R. (2007). *Rollo May on Existential Psychotherapy*

Yalom, I. (2002). *The Gift of Therapy: A Conversation with Irvin Yalom, MD*

Yalom, I. (2006). *Irvin Yalom: Live Case Consultation*

Yalom, I. (2011). *Confronting Death and Other Existential Issues in Psychotherapy*

If you are interested in further information on Irvin Yalom, check out his website (www.yalom.com).

The Existential-Humanistic Institute's (EHI) primary focus is training; the institute offers courses and, in conjunction with Saybrook University, a new

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certificate program in existential-humanistic therapy and theory. A secondary focus is community building. EHI was formed as a nonprofit organization under the auspices of the Pacific Institute in 1997 and provides a home for those mental health professionals, scholars, and students who seek in-depth training in existential-humanistic theory and practice. EHI's year-long certificate program offers graduate and postgraduate students an opportunity to gain a basic foundation in the theory and practice of existential-humanistic therapy. EHI offers courses on the principles of existential-humanistic practice and case seminars in existential-humanistic theory and practice. Most of EHI's instructors have studied extensively with such masters as James Bugental, Irvin Yalom, and Rollo May, and are, like Kirk Schneider and Orah Krug, acknowledged leaders of the existential-humanistic movement today. For more information, go to the Existential-Humanistic Institute (www.ehinstitute.org).

The Society for Existential Analysis is a professional organization devoted to exploring issues pertaining to an existential/phenomenological approach to counseling and therapy. Membership is open to anyone interested in this approach and includes students, trainees, psychotherapists, philosophers, psychiatrists, counselors, and psychologists. Members receive a regular newsletter and an annual copy of the *Journal of the Society for Existential Analysis*. The society provides a list of existentially oriented psychotherapists for referral purposes. The School of Psychotherapy and Counselling at Regent's University in London offers an advanced diploma in existential psychotherapy as well as short courses in the field. Additional Information is available at www.dilemmas.org. For more information, go to the Society for Existential Analysis (www.existentialanalysis.co.uk/).

The International Society for Existential Psychotherapy and Counselling was created in London in July 2006 and was renamed International Collaborative of Existential Counselors and Psychotherapists soon after (www.icecap.org.uk). It brings together the existing national societies as well as providing a forum for the development and accreditation of the approach. For more information, go to the International Society for Existential Psychotherapy and Counselling (www.existentialpsychotherapy.net).

SEPTIMUS is an Internet-based course taught in Ireland, Iceland, Sweden, Poland, Czech Republic, Romania, Italy, Portugal, Austria, Belgium, France, Israel, Australia, and the United Kingdom. Additional Information is available at www.psychotherapytraining.net and at the Psychotherapy Training on the Net: SEPTIMUS (www.septimus.info).

The New School of Psychotherapy and Counselling (NSPC) now offers two doctoral programs: one in existential psychotherapy and one in existential counselling psychology. NSPC offers intensive courses for distance learners (worldwide student body) including e-learning. For more information, go to the New School of Psychotherapy and Counselling (www.nspc.org.uk).

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Recommended Supplementary Readings for Chapter 6

Everyday Mysteries: A Handbook of Existential Psychotherapy (Deurzen, 2010) provides a framework for practicing counseling from an existential perspective. The author puts into clear perspective topics such as anxiety, authentic living, clarifying one's worldview, determining values, discovering meaning, and coming to terms with life.

Existential Counselling and Psychotherapy in Practice (Deurzen, 2012) offers an excellent presentation of the theory and practice of existential therapy based on the European tradition. The author provides a framework for addressing problems in living rather than techniques for working with clients.

Skills in Existential Counselling and Psychotherapy (Deurzen & Adams, 2011) is a clearly written book that explains the existential attitude, highlights the importance of the person of the therapist, and describes the process of existential therapy. This is a superb resource that provides a basis for understanding how to apply existential notions to therapeutic practice.

Existential Therapies (Cooper, 2017) provides a useful and clear introduction to the existential

therapies. There are separate chapters on logotherapy, the British school of existential analysis, the American existential-humanistic approach, dimensions of existential therapeutic practice, and brief existential therapies.

Existential Psychotherapy (Yalom, 1980) is a superb treatment of the ultimate human concerns of death, freedom, isolation, and meaninglessness as these issues relate to therapy. This book has depth and clarity, and it is rich with clinical examples that illustrate existential themes.

Existential-Humanistic Therapy (Schneider & Krug, 2017) is a clear presentation of the theory and practice of existential-humanistic therapy. This approach incorporates techniques from other contemporary therapeutic approaches.

I Never Knew I Had a Choice (Corey et al., 2018) is a self-help book written from an existential perspective. Topics include our struggle to achieve autonomy; the meaning of loneliness, death, and loss; and how we choose our values and philosophy of life.

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Further Resources

Free Podcasts for ACA Members

You can download ACA Podcasts (prerecorded interviews) by going to www.counseling.org; click on the Resource button and then select the Podcast Series. For Chapter 7, Carl Rogers and the Person-Centered Approach, look for Podcast 7 by Dr. Howard Kirschenbaum.

Other Resources

The American Psychological Association offers the following DVDs in their Psychotherapy Video Series:

Greenberg, L. S. (2010). *Emotion-Focused Therapy Over Time*

Cain, D. J. (2010). *Person-Centered Therapy Over Time*

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos and interviews featuring Natalie Rogers, Rollo May, and more. New articles, interviews, blogs, therapy cartoons, and videos are published monthly. DVDs relevant to this chapter are available at www.psychotherapy.net and include the following:

Rogers, N. (1997). *Person-Centered Expressive Arts Therapy*

May, R. (2007). *Rollo May on Existential Psychotherapy*

The Association for the Development of the Person-Centered Approach (ADPCA) is an interdisciplinary and international organization that consists of a network of individuals who support the development and application of the person-centered approach. Membership includes a subscription to the *Person-Centered Journal*, the association's newsletter, a membership directory, and information about the annual meeting. ADPCA also provides information about continuing education and supervision and training in the person-centered approach. For information about the *Person-Centered Journal*, contact the editor (Jon Rose). For more information regarding the Association for the Development of the Person-Centered Approach, visit their website (www.adpca.org).

The Association for Humanistic Psychology is devoted to promoting personal integrity, creative learning, and active responsibility in embracing the challenges of being human in these times. Information about the *Journal of Humanistic Psychology* is available at the publisher's website. For more information regarding the Association for Humanistic Psychology, visit their website (www.ahpweb.org).

Division 32 of APA, Society for Humanistic Psychology, represents a constellation of "humanistic psychologies" that includes the earlier Rogerian, transpersonal,

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and existential orientations as well as recently developing perspectives. Division 32 seeks to contribute to psychotherapy, education, theory, research, epistemological diversity, cultural diversity, organization, management, social responsibility, and change. The division has been at the forefront in the development of qualitative research methodologies. The Society for Humanistic Psychology offers journal access to *The Humanistic Psychologist*. Information about membership, conferences, and journals is available from the website of Division 32. For more information regarding the Society for Humanistic Psychology, visit their website (www.societyforhumanisticpsychology.com/).

Recommended Supplementary Readings for Chapter 7

On Becoming a Person (Rogers, 1961) is one of the best primary sources for further reading on person-centered therapy. This classic book is a collection of Carl Rogers's articles on the process of psychotherapy, its outcomes, the therapeutic relationship, education, family life, communication, and the nature of the healthy person.

A Way of Being (Rogers, 1980) contains a series of writings on Carl Rogers's personal experiences and perspectives, as well as chapters on the foundations and applications of the person-centered approach.

The Creative Connection: Expressive Arts as Healing (N. Rogers, 1993) is a practical, spirited book lavishly illustrated with color and action photos and filled with fresh ideas to stimulate creativity, self-expression, healing, and transformation. Natalie Rogers combines the philosophy of her father with the expressive arts to enhance communication between client and therapist.

The Life and Work of Carl Rogers (Kirschenbaum, 2009) is a definitive biography of Carl Rogers that follows his life from his early childhood through his death. This book illustrates the legacy of Carl Rogers and shows his enormous influence on the field of counseling and psychotherapy.

Person-Centered Psychotherapies (Cain, 2010) contains a clear discussion of person-centered theory, the therapeutic process, evaluation of the approach, and future developments.

Humanistic Psychology: A Clinical Manifesto (Elkins, 2009) offers an insightful critique of the medical model of psychotherapy and the myth of empirically supported treatments. The author calls for a relationship-based approach to psychotherapy that can provide both individual and social transformation.

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Further Resources

Other Resources

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos demonstrating Gestalt therapy with adults and children. New articles, interviews, blogs, therapy cartoons, and videos are published monthly. DVDs relevant to this chapter are available at www.psychotherapy.net and include the following:

Oaklander, V. (2001). *Gestalt Therapy with Children* (Child Therapy with the Experts Series)

Polster, E. (1997). *Psychotherapy With the Unmotivated Patient*

Training Programs and Associations

If you are interested in furthering your knowledge and skill in the area of Gestalt therapy, you might consider pursuing Gestalt training, which would include attending workshops, seeking out personal therapy from a Gestalt therapist, and enrolling in a Gestalt training program that would involve reading, practice, and supervision. A comprehensive list of these resources, along with their websites is available in the Appendixes of Woldt and Toman's textbook (2005). Some of the most prominent training programs and associations are listed here.

Gestalt Institute of Cleveland, Inc. (www.gestaltcleveland.org)

Pacific Gestalt Institute (www.gestalttherapy.org)

Gestalt Center for Psychotherapy and Training (www.gestaltnyc.org)

Gestalt International Study Center (www.GISC.org)

Gestalt Therapy Training Center Northwest (www.gttcnw.org)

Gestalt Associates Training, Los Angeles (www.gatla.org)

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The most prominent professional associations for Gestalt therapy that hold international conferences follow.

Association for the Advancement of Gestalt Therapy (www.AAGT.org)

European Association for Gestalt Therapy (www.EAGT.org)

Gestalt Australia New Zealand (www.ganz.org.au)

Gestalt Review (www.gestaltreview.com)

British Gestalt Journal (www.britishgestaltjournal.com)

The *Gestalt Directory* includes information about Gestalt practitioners and training programs throughout the world and is available free of charge upon request to the Center for Gestalt Development, Inc. The center also has many books, audiotapes, and videotapes available that deal with Gestalt practice. More information on the Center for Gestalt Development can be found on their website (www.gestalt.org).

Recommended Supplementary Readings for Chapter 8

Gestalt Therapy Verbatim (Perls, 1969) provides a firsthand account of the way Fritz Perls worked. It contains many verbatim transcripts of workshop demonstrations.

Gestalt Therapy (Wheeler & Axelsson, 2015) offers an excellent introduction to the theory, evolution, research, and practice of Gestalt therapy. The book is based on principles that encourage an active, present-focused, relational stance on the therapist's part.

Gestalt Therapy: History, Theory, and Practice (Woldt & Toman, 2005) introduces the historical underpinnings and key concepts of Gestalt therapy and features applications of those concepts to therapeutic practice. This is a significant publication in the field of Gestalt therapy, and it contains pedagogical learning activities and experiments, review questions, and photographs for all contributors.

Gestalt Therapy Integrated: Contours of Theory and Practice (E. Polster & Polster, 1973) is a classic in the field and an excellent source for those who want a more advanced and theoretical treatment of this model.

Enchantment and Gestalt Therapy: Partners in Exploring Life (Polster, 2021) brings to life many key themes in Gestalt therapy, a few of which include working in the here and now, life focus groups, understanding resistance, and fundamentals of contact boundaries. The author describes the phenomenon of enchantment in psychotherapy, and he describes his own experiences over his long career as a Gestalt therapist.

Beyond the Hot Seat Revisited: Gestalt Approaches to Group (Feder & Frew, 2008) is one of the few books exclusively devoted to Gestalt approaches to group work, and I highly recommend it. Separate chapters are devoted to Gestalt group process, family therapy, training groups, intensive workshops, and other clinical applications.

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Further Resources

Other Resources

DVDs offered by the American Psychological Association that are relevant to this chapter include the following:

Antony, M. M. (2009). *Behavioral Therapy Over Time* (APA Psychotherapy Video Series)

Hayes, S. C. (2011). *Acceptance and Commitment Therapy* (Systems of Psychotherapy Video Series)

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos and interviews on behavior therapy. New video and editorial content is made available monthly. DVDs relevant to this chapter are available at www.psychotherapy.net and include the following:

Stuart, R. (1998). *Behavioral Couples Therapy* (Couples Therapy With the Experts Series)

If you have an interest in further training in behavior therapy, the Association for Behavioral and Cognitive Therapies (ABCT) is an excellent resource. ABCT is a membership organization of more than 4,500 mental health professionals and students who are interested in behavior therapy, cognitive behavior therapy, behavioral assessment, and applied behavioral analysis. Members receive discounts on all ABCT publications, including those listed here:

- ◆ *Directory of Graduate Training in Behavior Therapy and Experimental-Clinical Psychology* is an excellent source for students and job seekers who want information on programs with an emphasis on behavioral training.

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- ◆ *Directory of Psychology Internships: Programs Offering Behavioral Training* describes training programs having a behavioral component.
- ◆ *Behavior Therapy* is an international quarterly journal focusing on original experimental and clinical research, theory, and practice.
- ◆ *Cognitive and Behavioral Practice* is a quarterly journal that features clinically oriented articles.

Full and associate memberships are \$199 and include one journal subscription (to either *Behavior Therapy* or *Cognitive and Behavioral Practice*) and a subscription to the *Behavior Therapist* (a newsletter with feature articles, training updates, and association news). Membership also includes reduced registration and continuing education course fees for ABCT's annual convention held in November, which features workshops, master clinician programs, symposia, and other educational presentations. Student memberships are \$49. For more information, visit the Association for Behavioral and Cognitive Therapies website (www.abct.org).

Mindfulness and Acceptance-Based Approaches

If you are interested in finding out more about mindfulness and acceptance-based programs and resources for the newer therapies, explore some of these websites:

Institute for Meditation and Psychotherapy (www.meditationandpsychotherapy.org)

Mindfulness-Based Stress Reduction (www.umassmed.edu/cfm)

Dialectical Behavior Therapy (www.behavioraltech.com)

Acceptance and Commitment Therapy (www.acceptanceandcommitment-therapy.com)

Self-Compassion Resources (www.self-compassion.org)

Recommended Supplementary Readings for Chapter 9

Contemporary Behavior Therapy (Spiegler, 2016) is a comprehensive discussion of basic principles and applications of the behavior therapies. It is an excellent text that is based on research.

Interviewing and Change Strategies for Helpers (Cormier et al., 2017) is a comprehensive and clearly written textbook dealing with training experiences and skill development. This book offers practitioners a wealth of material on a variety of topics, such as assessment procedures, selection of goals, development of

appropriate treatment programs, and methods of evaluating outcomes.

Mindfulness and Psychotherapy (Germer et al., 2013) is a practical introduction to mindfulness and its clinical applications. This edited work addresses the basics of mindfulness meditation, the centrality of the therapeutic relationship, and ways that cultivating mindfulness can enhance acceptance and empathy.

Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice (Germer & Siegel, 2012)

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is an edited book that expands on the message that we need to treat ourselves as we would want other to treat us. Excellent contributed chapters discuss the meaning of wisdom and demonstrate the clinical applications inherent in blending Western psychotherapy and Buddhist psychology.

Mindfulness-Based Cognitive Therapy for Depression (Segal et al., 2013) is an excellent resource for those who are interested in learning about the fundamentals and clinical applications of mindfulness-based cognitive therapy, especially in working with depression.

The Mindfulness Solution: Everyday Practices for Everyday Problems (Siegel, 2010) is an outstanding

practical guide in applying mindfulness practices to living a meaningful life, as well as a guide for practitioners who wish to teach clients how to use mindfulness in meeting life's challenges. This is a well-written book that highlights applications to personal and professional areas.

Imagery in Cognitive-Behavioral Therapy (Stopa, 2021) is a practical book addressing ways to incorporate imagery into behavior therapy and CBT. Procedures are described for implementing imaginal exposure, imaginal reliving in trauma-focused treatments, imagery rescripting, working with self-images, and using positive imagery to improve well-being.

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Further Resources

DVDs relevant to this chapter offered by the American Psychological Association from their Systems of Psychotherapy Video Series include the following:

Beck, J. (2005). *Cognitive Therapy*

Ellis, D. J. (2014). *Rational Emotive Behavior Therapy*

Meichenbaum, D. (2007). *Cognitive Behavioral Therapy With Donald Meichenbaum*

Vernon, A. (2010). *Rational Emotive Behavior Therapy Over Time*

Dobson, K. S. (2010). *Cognitive Therapy Over Time*

Persons, J. (2006). *Cognitive-Behavior Therapy*

Dobson, K. S. (2008). *Cognitive-Behavioral Therapy for Perfectionism Over Time*

Dobson, K. S. (2011). *Cognitive-Behavioral Therapy Strategies*

Audio recordings of workshops and videos relevant to this chapter that illustrate CBT protocols and methods in practice are also offered by Padesky at www.padesky.com:

Padesky, C. A. (1993). *Cognitive Therapy for Panic Disorder*

Padesky, C. A. (1996). *Guided Discovery Using Socratic Dialogue*

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Padesky, C. A. (1996). *Testing Automatic Thoughts With Thought Records*

Padesky, C. A. (1997). *Collaborative Case Conceptualization*

Padesky, C. A. (2003). *Constructing NEW Core Beliefs*

Padesky, C. A. (2004). *Constructing NEW Underlying Assumptions & Behavioral Experiments*

Padesky, C. A. (2008). *CBT for Social Anxiety*

Padesky, C. A. (2015). *A Four-Step Approach to Building Resilience*

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos and interviews on cognitive behavior therapy. New video and editorial content is made available monthly. DVDs relevant to this chapter are available at www.psychotherapy.net.

For information about the work of Albert Ellis, and current presentations and REBT trainings, contact Debbie Joffe Ellis (www.debbiejoffeellis.com). Additional websites of interest on REBT include www.ellisrebt.com and www.rebtnetwork.org.

The *International Journal of Cognitive Therapy* provides information on theory, practice, and research in cognitive behavior therapy. For information about the journal, contact the *International Journal of Cognitive Therapy* (www.guilford.com).

Padesky and Mooney's *Center for Cognitive Therapy*, Huntington Beach, California, has separate websites for mental health professionals and for the public. At the website for mental health professionals, you can download pdf files of many of Padesky and Mooney's writings, visit Padesky's blog, and find recommendations for cognitive therapy books for both professionals and the public, audio and video training programs, workshops, consultations, and other cognitive therapy resources and information. The website for the public offers information about finding a CBT therapist, CBT articles of interest to the public, and links to the publishers of *Mind Over Mood* in more than 24 languages:

www.padesky.com (for mental health professionals)

www.MindOverMood.com (for the public)

In addition, Padesky also offers brief clinical tip videos and free full length webinars on her YouTube channel (YouTube.com/ChristinePadesky).

For more information about CBT workshops, supervision, a CBT blog, and a newsletter, contact the Beck Institute for Cognitive Behavior Therapy (www.beckinstitute.org).

The "home" organization for cognitive therapists worldwide is the *Academy of Cognitive Therapy*, which Aaron T. Beck and Judith S. Beck were instrumental in founding. Links to certified cognitive therapists worldwide as well as links to research and professional books of interest to therapists are available at the website of the Academy of Cognitive Therapy (www.academyct.org).

Donald Meichenbaum is research director of the *Melissa Institute for Violence Prevention*, a nonprofit organization designed to "give science away" in order to reduce violence and to treat victims of violence. The institute is dedicated to the study and prevention of violence through education, community service, research support, and consultation. For more information visit the website of the Melissa Institute for Violence Prevention (www.melissainstitute.org).

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Recommended Supplementary Readings for Chapter 10

Rational Emotive Behavior Therapy (Ellis & Ellis, 2019a) is a concise basic primer on REBT and is an excellent resource for updated information about the approach.

Albert Ellis Revisited (Carlson & Knaus, 2014) contains some of Ellis's most influential writings on a variety of subjects. This edited book includes commentaries by contributors for each of Ellis's articles.

Cognitive Therapy: Basics and Beyond (J. Beck, 2021) is a main text in cognitive therapy that presents a comprehensive overview of the approach. An earlier edition of this book was translated into 20 languages.

Mind Over Mood: Change How You Feel by Changing the Way You Think (Greenberger & Padesky, 2016) provides step-by-step worksheets to identify moods, solve problems, and test thoughts related to depression, anxiety, anger, guilt, and shame. This is a popular self-help workbook and a valuable tool for therapists and clients learning cognitive therapy skills.

The Clinician's Guide to CBT Using Mind Over Mood (Padesky, 2020) shows therapists how to integrate *Mind Over Mood* in therapy and use cognitive therapy treatment protocols for specific diagnoses. This detailed overview of CBT has troubleshooting guides, reviews cultural issues, and offers guidelines for individual, couples, and group therapy. It also provides detailed guidance on the empirical basis and use of all 60 worksheets in *Mind Over Mood*.

This succinct overview of cognitive therapy has troubleshooting guides, reviews cultural issues, and offers guidelines for individual, couples, and group therapy.

The Therapeutic Relationship in Cognitive-Behavioral Therapy: A Clinician's Guide (Kazantzis et al., 2017) explains how the therapeutic relationship is central to cognitive-behavioral interventions. Also included are chapters on homework in therapy, relapse prevention, and ethical aspects of the therapeutic relationship.

Making Cognitive-Behavioral Therapy Work: Clinical Processes for New Practitioners (Ledley et al., 2018) deals with the process of assessment, case conceptualization, treatment planning, terminating therapy, and examining common challenges for new clinicians.

Evidence-Based Practice of Cognitive-Behavioral Therapy (Dobson & Dobson, 2017) covers many aspects of intervention, including psychoeducation, behavioral interventions, cognitive work, and values-informed goal setting. The authors separate myths from facts about behavior therapy and CBT.

Handbook of Cognitive-Behavioral Therapies (Dobson & Dozois, 2019) is an edited book that reviews major approaches including emotion-centered problem-solving therapy, REBT, cognitive therapy, schema therapy, mindfulness- and acceptance-based interventions, dialectical behavior therapy, and integrative psychotherapy.

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Further Resources

Free Podcasts for ACA Members

You can download ACA Podcasts (prerecorded interviews) at www.counseling.org; click on the Resource button and then the Podcast Series. For Chapter 11, Reality Therapy, look for these podcasts:

Podcast ACA088, “Reality Therapy, Choice Theory: What’s the Difference?” by Dr. Robert Wubbolding.

Podcast ACA194, “William Glasser: A Retrospective and Why His Ground-breaking Work Will Continue to Matter in Professional Counseling,” by Dr. Robert Wubbolding.

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Other Resources

DVDs offered by the American Psychological Association that are relevant to this chapter include R. Wubbolding (2007), *Reality Therapy*.

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos and interviews on demonstrating reality therapy working with addictions, adults, and children. New video and editorial content is made available monthly. DVDs relevant to this chapter are available at www.psychotherapy.net and include the following:

Wubbolding, R. (2000). *Reality Therapy* (Psychotherapy With the Experts Series)

Wubbolding, R. (2000). *Reality Therapy for Addictions* (Brief Therapy for Addictions Series)

Wubbolding, R. (2002). *Reality Therapy With Children* (Child Therapy With the Experts Series)

Wubbolding, R. (2014). *Choice Theory/Reality Therapy Demonstration: Couple Counseling "Elroy and Judy"* (Center for Reality Therapy)

Another source is the video published by the American Counseling Association: *Reality Therapy and Self-Evaluation* (<https://aca.digitellinc.com/aca/sessions/10960/view>).

The programs offered by William Glasser International are designed to teach the concepts of choice theory and the practice of reality therapy. More than 7,800 therapists have completed the training in reality therapy and choice theory. The institute offers a certification process, which starts with a three-day introductory course known as "basic training" in which participants are involved in discussions, demonstrations, and role playing. For those wishing to pursue more extensive training, the institute offers a five-part sequential course of study leading to certification in reality therapy, which includes basic training, a basic practicum, advanced training, an advanced practicum, and a certification week. This 18-month training program culminates in a Certificate of Completion. For complete information on this program, contact William Glasser International (www.wglasserinternational.org).

The Center for Reality Therapy in Cincinnati provides training in the principles of choice theory/reality therapy applied to counseling, coaching, classroom management, addictions, corrections, and families. Robert Wubbolding is the director and is a frequent presenter at state, national, and international conferences. The three-day workshops apply to certification in reality therapy. For more information, contact the Center for Reality Therapy (www.realitytherapywub.com).

The *International Journal of Choice Theory and Reality Therapy* (free online journal) focuses on concepts of internal control psychology, with particular emphasis on research, development, and practical applications of choice theory and reality therapy principles in various settings. For more information about this journal, contact Tom Parish, PhD, Editor, email: Parishts@gmail.com.

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Recommended Supplementary Readings for Chapter 11

Counseling With Choice Theory: The New Reality Therapy (Glasser, 2001) represents the author's significant thinking about choice theory and develops the existential theme that we choose all of our total behaviors. Case examples demonstrate how choice theory principles can be applied in helping people establish better relationships.

Reality Therapy and Self-Evaluation: The Key to Client Change (Wubbolding, 2017) is an excellent book explaining and extending the role of clients in self-evaluating their behavior. The core concepts of self-evaluation and the WDEP system of reality therapy are addressed, and practical ways of working with

both motivated and unmotivated clients are described. Special attention is given to multicultural counseling.

Reality Therapy (Wubbolding, 2011) updates and extends previous publications on choice theory and reality therapy. Part of the APA theories of psychotherapy series, this is a well-written and comprehensive overview of reality therapy and choice theory.

Case Approach to Counseling and Psychotherapy (Corey, 2013) illustrates how prominent reality therapists Drs. William Glasser and Robert Wubbolding would counsel Ruth from their different perspectives of choice theory and reality therapy.

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Further Resources

Other Resources

DVDs offered by the American Psychological Association that are relevant to this chapter include L. S. Brown (2009), *Feminist Therapy Over Time* (APA Psychotherapy Video Series).

Psychotherapy.net is a comprehensive resource for students and professionals that offers videos and interviews on feminist therapy. New video and editorial content is made available monthly. DVDs relevant to this chapter are available at www.psychotherapy.net and include the following:

Walker, L.(1994). *The Abused Woman: A Survivor Therapy Approach*

Walker, L. (1997). *Feminist Therapy* (Psychotherapy With the Experts Series)

The Jean Baker Miller Training Institute offers workshops, courses, professional training, publications, and ongoing projects that explore applications of the relational-cultural approach and integrate research, psychological theory, and social action. This relational-cultural model is based on the assumption that growth-fostering relationships and disconnections are constructed within specific cultural contexts. For more information, contact the Jean Baker Miller Training Institute (www.wellesley.edu/JBMTI/).

The American Psychological Association has two divisions devoted to special interests in women's issues: Division 17, Counseling Psychology's Section on Women (www.div17.org) and Division 35, Psychology of Women (www.apa.org/divisions/div35). For more information, contact the American Psychological Association (www.apa.org).

The Association for Women in Psychology (AWP) sponsors an annual conference dealing with feminist contributions to the understanding of life experiences of women. AWP is a scientific and educational feminist organization devoted to reevaluating and reformulating the role that psychology and mental health research generally play in women's lives. For more information, contact the Association for Women in Psychology (www.awpsych.org).

The Psychology of Women Resource List, or POWR online, is cosponsored by APA Division 35, Society for the Psychology of Women, and the Association for Women in Psychology. This public electronic network facilitates discussion of current topics, research, teaching strategies, and practice issues among people interested in the discipline of the psychology of women. Most people with computer access to Bitnet or the Internet can subscribe to POWR-L at no cost. To subscribe, send the command below via email to:

LISTSERV@URIACC (Binet) or LISTSERV@URIACC.URI.EDU

Subscribe POWR-L Your name (Use first and last name)

The University of Kentucky offers a minor specialty area in counseling women and feminist therapy within the Counseling Psychology graduate programs. For information, contact Dr. Pam Remer, Department of Educational and Counseling Psychology (www.uky.edu/Education/edphead.html).

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Texas Women's University offers a training program with emphasis in women's issues, gender issues, and family psychology. For information, contact Texas Women's University (www.twu.edu/as/psyphil/Counseling_Home.htm).

Recommended Supplementary Readings for Chapter 12

Feminist Perspectives in Therapy: Empowering Diverse Women (Worell & Remer, 2003) is an outstanding text that clearly outlines the foundations of empowerment in feminist therapy. The book covers a range of topics: integrating feminist and multicultural perspectives on therapy, changing roles for women, feminist views of counseling practice, feminist transformation of counseling theories, and a feminist approach to assessment and diagnosis. There also are excellent chapters dealing with depression, surviving sexual assault, confronting abuse, choosing a career path, and lesbian and ethnic minority women.

Oxford Handbook of Feminist Multicultural Counseling Psychology (Enns & Williams, 2013) is a 26-chapter handbook that integrates feminist and multicultural scholarship and applies the perspective to a variety of women's diverse identities related to race/ethnicity, social class, disability, religion, culture, and so forth. Multiple chapters focus on the practice of feminist multicultural therapy, pedagogy, mentoring, and social advocacy.

Psychological Practice With Women: Guidelines, Diversity, Empowerment (Enns et al., 2015) discusses the assessment of women's social identities and diversity and features chapters that focus on psychotherapy with African American women; Latinas; Asian American and Pacific Islander women; Native American women; lesbian, bisexual, and transgender women; women with disabilities; and women in transnational practice. Each chapter includes the application of the APA (2007) guidelines through one or more case studies.

Feminist Therapy (Brown, 2018) provides an interesting perspective on the history of feminist therapy and speculates about future developments of the approach. Brown clearly explains key concepts of feminist theory and the therapeutic process.

Introduction to Feminist Therapy: Strategies for Social and Individual Change (Evans et al., 2011) emphasizes the practical applications of feminist theory to clinical practice. They provide useful information on social change and empowerment, the importance of establishing an egalitarian relationship, and intervention strategies when working with people from diverse cultural backgrounds.

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Recommended Supplementary Readings for Chapter 13

Interviewing for Solutions (De Jong & Berg, 2013) is a practical text aimed at teaching and learning solution-focused skills. It is written in a conversational and informal style and contains many examples to solidify learning.

Solution-Focused Counseling in Schools (Murphy, 2023) is a clearly written and practical book that offers efficient strategies for addressing a range of problems from preschool through high school. Numerous case examples illustrate the foundations, tasks, and techniques of solution-focused counseling. The book also describes how the principles of client-directed, outcome-informed practice can be integrated in solution-focused counseling.

Strengths-Based Therapy (Murphy & Sparks, 2018) clearly describes the distinctive theoretical features of strengths-based therapy; it also provides concise explanations of the practical interventions. Strengths-based therapy has applications for both solution-focused brief therapy and narrative therapy.

Brief Psychotherapies: Principles and Practices (Hoyt, 2009) is an excellent resource for learning more about brief psychotherapy as it applies to solution-focused brief therapy and to narrative therapy and as well to many other theoretical approaches.

Motivational Interviewing: Helping People Change (Miller & Rollnick, 2013) explains current thinking

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about the process of behavior change, presents the principles of MI, and provides detailed guidelines for putting these principles into practice. Case examples illustrate key points and demonstrate the benefits of MI in addictions treatment and other clinical contexts. The authors also discuss the process of learning MI.

Motivational Interviewing and CBT: Combining Strategies for Maximum Effectiveness (Naar & Safren, 2017) shows how integrating CBT with motivational interviewing can result in better outcomes than reliance on either approach on its own.

Effective Psychotherapists: Clinical Skills That Improve Client Outcomes (Miller & Moyers, 2021) is a clear and practical work that describes attitudes and therapeutic skills that are basic to motivational interviewing: accurate empathy, acceptance, positive regard, genuineness, focus,

hope, evocation, and offering advice. The authors identify and explore clinical skills that improve client outcomes.

Narrative Means to Therapeutic Ends (White & Epston, 1990) is the most widely known book on narrative therapy.

Maps of Narrative Practice (White, 2007) is Michael White's final book, which brings together much of his work over several decades in one accessible volume.

Narrative Therapy (Madigan, 2019) provides an updated discussion of the theory and therapeutic process of narrative therapy.

Narrative Counseling in Schools (Winslade & Monk, 2007) is a basic and easy-to-read guide to applying concepts and techniques of narrative therapy to school settings

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Further Resources

You may want to consider joining the American Association for Marriage and Family Therapy, which has a student membership category. You must obtain an official application, including the names of at least two Clinical Members from whom the association can request official endorsements. You also need a statement signed by the coordinator or director of a graduate program in marriage and family therapy in

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a regionally accredited educational institution, verifying your current enrollment. Student membership may be held until receipt of a qualifying graduate degree or for a maximum of five years. Members receive the *Journal of Marital and Family Therapy*, which is published four times a year, and a subscription to six issues yearly of *The Family Therapy Magazine*. For a copy of the AAMFT Code of Ethics, membership applications, and further information, contact the American Association for Marriage and Family Therapy (www.aamft.org).

The American Counseling Association has a division devoted to couples and family counseling called the International Association of Marriage and Family Counseling (IAMFC). This division publishes *The Family Journal* and *The Family Digest* and provides access to couples and family training and programs at the ACA convention. For more information, contact the International Association of Marriage and Family Counseling (www.iamfconline.org/public/main.cfm).

Recommended Supplementary Readings for Chapter 14

Theory and Practice of Couples and Family Counseling (Bitter, 2021) is a comprehensive textbook that seeks to develop personal and professional growth in family practitioners as well as orient the reader to the theories that make up the field of family therapy and counseling.

Family Therapy: Concepts and Methods (Nichols & Davis, 2017) is an AAMFT-based text that covers seven of the major contemporary family systems models. The final chapter presents an integration of key themes among diverse approaches to family therapy.

Family Therapy: History, Theory, and Practice (Gladding, 2019) is an overview of family therapy models and therapeutic interventions designed primarily for counselors associated with ACA.

No Bad Parts: Healing Trauma and Restoring Wholeness With the Internal Family Systems Model

(Schwartz, 2021) describes healing trauma and restoring wholeness based on the internal family systems model. This model is a compassionate way of relating internally (to our parts) and externally (to the people in our life).

Ethnicity and Family Therapy (McGoldrick et al., 2005) is the seminal work on culture in family therapy. The authors review the importance of cultural considerations in relation to family therapy and provide chapters on the background, research, and therapy issues of more than 15 cultures.

Genograms: Assessment and Interventions (McGoldrick et al., 2020) is the most important family systems assessment tool fully explained with multiple examples and diagrams.

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Further Resources

Other Resources

The ICCE is a worldwide web-based community of practitioners, health care managers, administrators, educators, policymakers, and researchers dedicated to promoting excellence in behavioral health care services. This online community facilitates sharing best practices and innovative ideas specifically designed to improve behavioral health care practice and enable practitioners and managers to achieve their personal best as helping professionals. The ORS and the SRS rating scales described in the text are free and can be downloaded at the website.

The ICCE manuals on FIT consist of a series of six guides covering the most important information for practitioners and agencies implementing FIT as a part of routine care. The manuals cover the following content areas:

Manual 1. What Works in Therapy: A Primer

Manual 2. Feedback-Informed Clinical Work: The Basics

Manual 3. Feedback-Informed Supervision

Manual 4. Documenting Change: A Primer on Measurement, Analysis, and Reporting

Manual 5. Feedback-Informed Clinical Work: Specific Populations and Service Settings

Manual 6. Implementing Feedback-Informed Work in Agencies and Systems of Care

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The goal for the series is to provide practitioners with a thorough grounding in the knowledge and skills associated with outstanding clinical performance. These manuals are a useful resource for clinicians who want to learn to practice FIT. For more information about ICCE and the resources available, contact the ICCE (www.centerforclinicalexcellence.com).

Scott D. Miller's website has additional information on workshops on clinical excellence: Scott D. Miller (www.scottdmiller.com).

Recommended Supplementary Readings for Chapter 15

Psychotherapy Integration (Stricker, 2010) is a concise presentation that deals with the theory, therapeutic process, evaluation, and future developments of integrative approaches.

The Human Element of Psychotherapy: A Nonmedical Model of Emotional Healing (Elkins, 2016) develops the thesis that psychotherapy is decidedly a relational, not a medical, endeavor. This book summarizes research supporting the notion that the quality of the interpersonal connection between client and therapist is what determines effectiveness, not the therapist's theory or techniques.

Handbook of Psychotherapy Integration (Norcross & Goldfried, 2019) is an excellent resource for conceptual and historical perspectives on therapy integration. This edited volume provides a comprehensive overview of the major current approaches, such as theoretical integration and technical eclecticism.

The Art of Integrative Counseling (Corey, 2019) is designed to assist students in developing their own integrative approach to counseling.

Case Approach to Counseling and Psychotherapy (Corey, 2013) illustrates each of the 11 contemporary theories by applying them to the single case of Ruth. I also demonstrate my integrative approach in counseling Ruth in the final chapter.

Integrating Spirituality and Religion Into Counseling: A Guide to Competent Practice (Cashwell & Young, 2020) offers a concrete perspective on how to provide counseling in an ethical manner, consistent with a client's spiritual beliefs and practices. The authors help practitioners develop a respectful stance that honors the client's worldview and works within this framework in a collaborative fashion to achieve the client's goals.

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