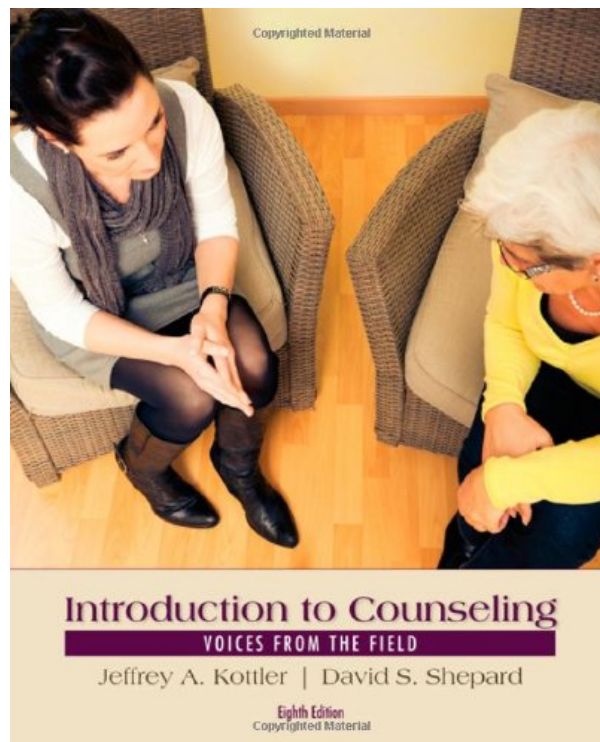
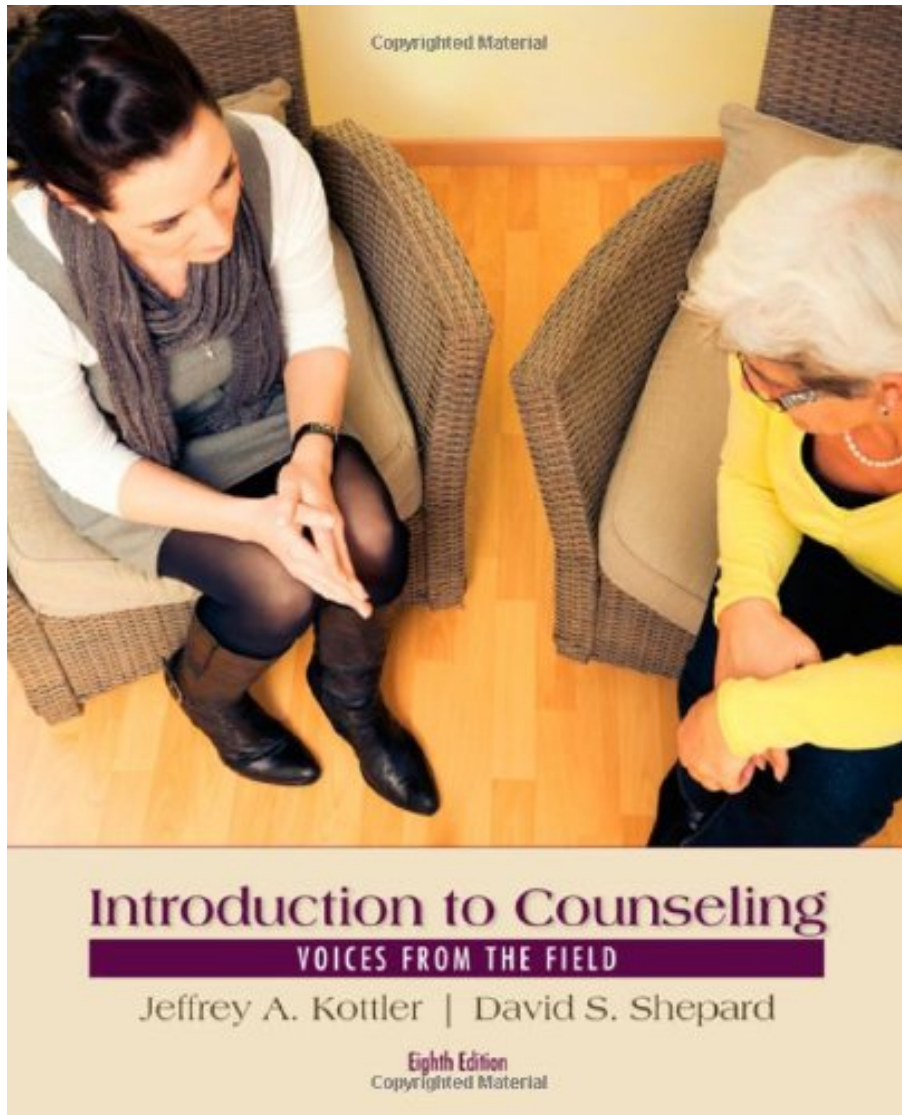


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About the Author

Jeffrey A. Kottler, Ph.D., is Professor in the Counseling Department at California State University, Fullerton, and one of the foremost authorities and prolific writers in the fields of counseling, psychology, and education. He is the best-selling author of more than 80 nonfiction books that deal with a wide range of subjects including personal development, group leadership, professional development of psychotherapists and teachers, social justice, true crime, and a variety of contemporary issues related to helping and healing, truth and lies, creativity, transformative travel, and stress management. In addition to his private practice, Jeffrey has worked as a teacher, counselor, and therapist in preschool, middle school, mental health center, crisis center, university, and community college settings. He has served as a Fulbright Scholar and Senior Lecturer in Peru and Iceland, teaching counseling theory and practice. He has also served as a visiting professor in New Zealand, Australia, Hong Kong, Nepal, and other countries. In addition, Jeffrey is President of Empower Nepali Girls, a foundation that provides scholarships for at-risk children in Nepal.

David S. Shepard, Ph.D., has been practicing as a counselor in the Los Angeles area for more than two decades, working with a full range of issues including adjustment problems, relationship issues, struggles with substance abuse, depression, anxiety, and personality disorders. His particular specialty is in gender-sensitive couples therapy--incorporating scholarship on the socialization experiences of both men and women to ensure that both sexes are equally comfortable in and get maximum benefit from couples work. Prior to his counseling career, David worked as a screenwriter in the film and television industry, where he specialized in children's animation. He is also Associate Professor of Counseling at California State University, Fullerton, where he does research in counselor education, the relationship of counseling theory to clinical practice, gender issues in counseling, and the uses of film in teaching counseling.

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INTRODUCTION TO COUNSELING, Eighth Edition provides a comprehensive overview of the counseling profession while encouraging readers to examine the day-to-day realities of being a counselor as well as their motivation for choosing the profession. Coverage includes information on what counseling is as well as its history, theoretical orientations, applications, and professional issues. As readers become engaged in the process of learning and applying counseling concepts, they get an unparalleled look at what their professional futures may hold.

- Sales Rank: #176607 in Books
- Published on: 2014-03-04
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 7.30" l, 1.75 pounds
- Binding: Paperback
- 560 pages

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Superb!

By Kimmelane

This is one of the best textbooks I've had the pleasure to use, and believe me, I've used a lot. It is clear and well-written, and in reading it you understand not just the information it presents but also why that information is important. Each chapter contains many anonymous comments called "Voices from the Field," written by practicing mental health counselors. These "voices" give a sometimes gritty but always authentic perspective that grounds and comforts the student. Here is one example:

Of all the theories I've used--and believe me, I've used a bunch--REBT is the one I found most useful in my own life. I don't even practice it that much anymore with my clients, but I still use it every day inside my own head. So often, I get down on myself because I feel like i'm failing my clients or not doing as good a job as I should. Then I hear Ellis's voice in my head, confronting me about my "shoulds" and absolute judgments. It really does work miracles.

Why don't I use it anymore with my clients? I don't know. I guess I just got bored with it after a while. It's not that it stopped working; really, it's powerful stuff. It's just that I got tired disputing the same old irrational beliefs over and over. I moved on to something new and more dynamic. But I still use it sometimes with clients who really seem like good candidates for a more confrontational, thinking approach.

When I read this account I could almost feel the counselor's weariness and self-doubt. Kottler should be commended for making a strong effort to portray the realities that students will face when they enter the "real world."

0 of 0 people found the following review helpful.

which I think could have been organized in a way that flowed better, but I would definitely recommend this book

By Will Shakespeare

This is the second book I have read by Kottler. After a couple of years in a counseling MA program, you start to differentiate between poorly written texts and those that are helpful. Kottler is an engaging writer (no small feat for a textbook) and the "voices from the field" are found throughout the book. For a neophyte counselor, it's reassuring to hear from others in the field whose contributions reflect your own concerns. I took one star away because of the order of chapter topics, which I think could have been organized in a way that flowed better, but I would definitely recommend this book.

0 of 0 people found the following review helpful.

Fantastic book for anyone entering the field of counseling.

By gcestaro

I was required to purchase the book for graduate school and was disappointed at first when I saw it was a textbook. However, the book is so interesting I just sat down and read it even before I started class. The author provides so much information about counseling and the personal stories from counselors in the field is a fantastic feature. All of the information in the book is exactly what you want to know as a new counselor. This is a textbook that I will definitely keep and recommend to others.

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