



# Theories of Counseling and Psychotherapy: A Case Approach (2nd Edition)

*Nancy L. Murdock*

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## **Theories of Counseling and Psychotherapy: A Case Approach (2nd Edition)** Nancy L. Murdock

Based on a deeply held belief that theory does matter in effective helper–client interactions, this text examines with clarity and with wit fourteen theories of counseling and psychotherapy. At the beginning of each chapter, readers “meet” a new client through a case example. The author then presents the theory’s basic philosophical assumptions; its beliefs about what motivates human behavior; its central constructs; its picture of how humans develop; its ideas about what constitutes mental health and dysfunction; its perspective on how our relationships with those around us impact our functioning; and its view of how our behavior, thoughts, and emotion impact our functioning. Throughout each chapter, the author immediately illustrates the application of a construct or process by showing how it relates to the client case described at the beginning of the chapter, demonstrating the translation of each theory into practice.

The second edition includes three new chapters (Chapter 3: Neoanalytic Approaches, Chapter 6: Existential Psychotherapy, Chapter 15: Narrative Therapy) and a companion DVD to accompany the texts. See applications of theory come to life! The **Theories in Action DVD** illustrates six therapists of different theoretical orientations working with the same client.

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