



# Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques

*John Sommers-Flanagan, Rita Sommers-Flanagan*

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**A comprehensive, in-depth exploration of the origins, contemporary developments, and applications to practice related to each major counseling theory**

Fully revised and updated, *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* is complete with useful learning aids, instructions for ongoing assessment, and valuable case studies—all designed to facilitate comprehension and lead to effective, ethical practice.

The *Second Edition* features:

- New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy
- Extended case examples in each of the twelve Theory chapters
- A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment
- Deeper and more continuous examination of gender and cultural issues
- An evidence-based status section in each Theory chapter focusing on what we know from the scientific research with the goal of developing critical thinking skills
- A new section on "Outcome Measures" that provides ideas on how client outcomes can be tracked using practice-based evidence

Showcasing the latest research, theory, and evidence-based practice, *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* is an engaging and illuminating text.

"John and Rita Sommers-Flanagan have done it again! In the revised Second Edition of their popular book, they have masterfully organized and written a compelling text that will appeal to students and faculty alike. The *Second Edition* is thoroughly pragmatic with careful attention to research and evidence-based literature. Much to the delight of readers, extensive case analyses that illustrate major theoretical concepts abound."

—**Sherry Cormier**, PhD, Professor Emerita, West Virginia University, coauthor of *Interviewing and Change Strategies for Helpers*

"John and Rita Sommers-Flanagan have written an exceptionally practical text for students wishing to learn usable counseling principles. Their excellent scholarship is balanced by a superb treatment of counseling theory that includes a review of the strengths, limitations, and means for implementing the systems represented."

—**Robert Wubbolding**, EdD, Professor Emeritus, Xavier University; Director, Center for Reality Therapy; author of *Reality Therapy* (Theories of Psychotherapy Series)

"This introductory text is written with extraordinary care and attention to detail. Not only is it one of the best resources I know of for in-depth coverage of classical therapeutic theory, it is also one of the best at illuminating cutting-edge developments, both in theory and application. Readers will greatly benefit from the clarity, comprehensiveness, and personal perceptiveness of this engaging introductory guide."

—**Kirk J. Schneider**, PhD, Faculty, Saybrook University; Vice President, Existential-Humanistic Institute; coauthor of *Existential-Humanistic Therapy* and editor of *Existential-Integrative Psychotherapy*

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