



Foundations of Clinical and Counseling Psychology

Judith Todd, Arthur C. Bohart

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Written from an eclectic, integrative point of view, this authoritative yet accessible text equips students and practitioners with theoretical and empirical knowledge of different psychotherapy and counseling approaches. Todd and Bohart, who together have a total of sixty years of experience teaching clinical psychology courses, offer a clear, understandable view of how each theoretical perspective regards the person, the person's problems, and how to help the person change. The fourth edition retains the psychotherapy and history components from previous editions and addresses current and future trends in professional psychology. New or updated topics include: assessment; professional, legal, and ethical issues; brief therapy; computerized treatment programs; Internet testing; online therapy; treatment guidelines and manuals and the controversies associated with them; radical behavior therapies; cultural and gender issues; expanding roles for psychologists in neuropsychology and primary health care; managed care; and developments in psychotherapy research and psychotherapy integration. Careful cross-referencing and clear connections between topics permit chapters to be read in any order.

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