



# Theory and Practice of Counseling and Psychotherapy

*Gerald Corey*

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# Theory and Practice of Counseling and Psychotherapy

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Incorporating the thinking, feeling, and behaving dimensions of human experience, the ninth edition of Corey's best-selling text offers an easy-to-understand text that helps you compare and contrast the therapeutic models expressed in counseling theories. Corey introduces you to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, and postmodern approaches) and demonstrates how each theory can be applied to a single case ("Stan"). With his trademark style, he shows you how to apply those theories in practice, and helps you learn to integrate the theories into an individualized counseling style

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