



# Theory and Treatment Planning in Counseling and Psychotherapy

By Diane R. Gehart



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One of the first books in the field of counseling to use a competency-based approach for teaching counseling and psychotherapy theories, Gehart's text has been developed to help you gain the skills and knowledge outlined in the CACREP 2009 Standards. More specifically, the text introduces counseling and psychotherapy theories using theory-informed case conceptualization as well as treatment planning. The book's assignments empower you to apply theoretical concepts and develop real-world skills as early as possible in your training, resulting in greater mastery of the material.

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### Editorial Review

#### Review

PART I: INTRODUCTION TO THEORIES, COMPETENCIES, AND TREATMENT PLANNING. 1. Start Here: Introduction and Instructions for Using This Book. 2. Counseling Theory, Competency, Research, and You. 3. Treatment Planning. PART II: COUNSELING AND PSYCHOTHERAPY THEORIES. 4. Psychoanalytic and Psychodynamic Counseling and Psychotherapy. 5. Adlerian Individual Counseling. 6. Person-Centered Counseling and Psychotherapy. 7. Existential Counseling and Psychotherapy. 8. Gestalt Counseling and Psychotherapy. 9. Cognitive-Behavioral Approaches. 10. Systemic Family Counseling and Therapy. 11. Solution-Based Approaches. 12. Postmodern Narrative and Collaborative Approaches. 13. Feminist and Multicultural Counseling and Psychotherapy. PART III: THEORETICAL INTEGRATION AND CASE CONCEPTUALIZATION. 14. Theoretical Integration. 15. Integrative Case Conceptualization. Appendix A: Treatment Plan Rubric. Appendix B: Counseling Case Conceptualization Rubric.

#### About the Author

Dr. Diane R. Gehart is a Professor in the Marriage, Family, and Therapy and Counseling Programs at California State University, Northridge. She has authored numerous books, including CASE DOCUMENTATION IN COUNSELING AND PSYCHOTHERAPY, THEORY AND TREATMENT PLANNING IN COUNSELING AND PSYCHOTHERAPY, MINDFULNESS AND ACCEPTANCE IN COUPLE AND FAMILY THERAPY, and MASTERING COMPETENCIES IN FAMILY THERAPY. She also co-edited COLLABORATIVE THERAPY: RELATIONSHIPS AND CONVERSATIONS THAT MAKE A DIFFERENCE, and has developed two systems for assessing student learning: THE COMPLETE MFT CORE COMPETENCY ASSESSMENT SYSTEM and THE COMPLETE COUNSELING ASSESSMENT SYSTEM. Dr. Gehart's areas of specialty include mindfulness, mental health recovery, postmodern and systemic therapies, sexual abuse treatment, gender issues, children and adolescents, client advocacy, qualitative research, and education in family therapy. She speaks internationally, having conducted workshops to professional and general audiences in the United States, Canada, Europe, and Mexico. Her work has been featured in newspapers, radio shows, and television worldwide. She is an associate faculty member at three international post-graduate training institutes: The Taos Institute, Houston Galveston Institute, and The Marburg Institute for Collaborative Studies in Germany. Additionally, she is an active leader in state and national professional organizations. She maintains a private practice in Agoura Hills, California, specializing in couples, families, trauma, life transitions, and difficult-to-treat cases.

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#### Esta Banks:

Your reading 6th sense will not betray anyone, why because this Theory and Treatment Planning in Counseling and Psychotherapy reserve written by well-known writer whose to say well how to make book that may be understand by anyone who all read the book. Written in good manner for you, dripping every ideas and writing skill only for eliminate your own hunger then you still doubt Theory and Treatment Planning in Counseling and Psychotherapy as good book not merely by the cover but also by the content. This is one reserve that can break don't evaluate book by its deal with, so do you still needing another sixth sense to pick this particular!?! Oh come on your studying sixth sense already alerted you so why you have to

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