



# **Counseling and Psychotherapy Essentials: Integrating Theories, Skills, and Practices (Norton Professional Books (Hardcover))**

*Bernard D. Beitman, Glenn E. Good*

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**The essential textbook for learning integrative psychotherapy.**

In an age when actual psychotherapeutic practice is predominantly eclectic, most psychotherapy textbooks are outdated and impractically bound in theoretical pigeon holes. *Counseling and Psychotherapy Essentials* incorporates into a single source the latest advances in the field and focuses on psychotherapy's core processes?rather than ideologies?to provide a comprehensive and imminently pragmatic textbook for learning integrative counseling and psychotherapy.

The central lessons of this book are framed on one side by a theoretical overview in which essential therapeutic concepts and techniques are synthesized, and on the other side by a detailed review of frequently encountered concerns such as depression, anxiety, substance abuse, couple/marital issues, and psychopharmacology. From the general to the specific, Good and Beitman keep their discussion grounded in the core processes of psychotherapy?engagement, pattern search, change, and termination?that facilitate therapeutic change.

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