

Preface, ix

part **1** Foundations, 1

chapter 1

Professional Counseling and Psychotherapy, 3

Introduction, 3

Therapeutic Psychology, 5

Trend I: An Accountable and Responsible Service, 10

Trend II: Professionalization and Deprofessionalization, 16

Trend III: Emphasis on Counselor and Therapist Personality Factors and Skills Training, 22

Trend IV: Use of Behavioral Science Data in the Solution of Human Problems, 23

Trend V: Groups and the Human Potential Movement, 23

Trend VI: Unified Theoretical Constructs and Roles, 24

Trend VII: Concern with Goals and Values, 26

Summary, 26

chapter 2

Theoretical Foundations of Therapeutic Psychology, 27

The Significance of Theory, 28 Creative Synthesis Approach, 31 Dynamically Oriented Theories, 39 Behavioral Approaches, 54 Summary, 68

chapter 3 Actualizing Counseling and Psychotherapy: A Multidimensional View, 69

Counseling and Psychotherapy, 71 Summary, 99

chapter 4 The Process of Counseling and Psychotherapy, 101

Steps in the Process, 102 Planning a Course of Psychological Counseling, 115 Length of Psychological Counseling and Therapy, 117 Differences in Psychotherapy with the Mildly and Severely Disturbed, 118 Summary, 119

part **2** Techniques, 121

chapter 5 Readiness and Diagnosis in Counseling and Psychotherapy, 123

> Readiness, 123 The Case History, 130 Psychodiagnosis, 135 Summary, 148

chapter 6

The Relationship: Characteristics and Use in Counseling and Crisis Intervention, 149

Characteristics and Dimensions of the Relationship, 150 Characteristics of the Therapeutic Psychologist for Building a Relationship, 158 Support and Crisis, 174 Summary, 178

chapter 7 Relationship Strategies, 179

> Opening Techniques, 180 Reflective Relationship Techniques, 182 Acceptance Techniques, 191 Structuring Techniques, 192

Listening as a Technique, 199 Leading Techniques, 204 Reassurance Methods, 206 Terminating Skills, 210 Summary, 218

> chapter 8 Barriers to Actualizing Relationships, 219

Transference-Type Barriers, 220 Countertransference-Type Barriers, 233 Resistance-Type Barriers, 242 Summary, 253

chapter 9

Interpretation and Body Awareness Strategies, 254

Nature of Interpretation, 254 A Continuum of Interpretive Methods, 256 General Guidelines for Interpretation, 260 Illustrative Styles of Interpretation, 267 Special Interpretive Adjuncts, 281 Summary, 282

chapter 10

Information, Tests, and Action Strategies, 283

Advice and Information-Giving Strategies, 283 Testing and Observing Strategies, 286 Action Strategies, 299 Semantic Analysis Strategies, 308 Bibliotherapy Strategies, 309 Summary, 313

chapter 11

Group Principles and Methods, 314

The Human Potential Framework, 314 Developments in Group Work, 316 Group Dynamics Principles, 325 General Considerations in Group Therapy Procedure, 330 Strategies of Group Therapy and Multiple Counseling, 335 Summary, 343

part **3** Special Areas of Application, 345

chapter 12 Counseling and Psychotherapy with Couples and Families, 347

> Counseling with Couples, 347 Premarital Counseling and Planning, 354 Partnership Problems, 362 Strategies and Issues in Marital Counseling, 365 Counseling with Families, 370 Counseling Children, 372 Counseling Goals and Strategies with Children, 375 Counseling Parents of Young Children, 384 Counseling Adolescents and Their Parents, 385 Summary, 388

chapter 13

Counseling on Life Style, Careers, and Rehabilitation, 389

Career Counseling, 390 Educational Counseling, 404 Rchabilitation Counseling, 408 Summary, 411

chapter 14 Counseling on Problems of Values, 412

Values in Therapeutic Psychology, 412 Value Problems Confronted by Therapeutic Psychologists, 421 Summary, 441

References, 442

Index, 467