



# Theories of Counseling and Psychotherapy: An Integrative Approach

*Elsie Jones-Smith*

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# Theories of Counseling and Psychotherapy: An Integrative Approach

*Elsie Jones-Smith*

## **Theories of Counseling and Psychotherapy: An Integrative Approach** Elsie Jones-Smith

This breakthrough edition of **Theories of Counseling and Psychotherapy: An Integrative Approach**, by Elsie Jones-Smith, sets a new standard in counseling theories books. The **Second Edition** goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuroscience and neuropsychology, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

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