



Counseling and Psychotherapy Theories in Context and Practice Study Guide

John Sommers-Flanagan, Rita Sommers-Flanagan

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Expand and reinforce your understanding of counseling and psychotherapy theories

This supplementary resource to *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* will further deepen your understanding of three key components of counseling and psychotherapy theory and practice: self-awareness, knowledge, and application and skill development.


This *Study Guide* offers:

- A pre-test and post-test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs
- An opening and closing professional development essay written by a student, practitioner, or faculty member who is active within the counseling or psychology professions
- Multiple-choice practice tests for each chapter to reinforce important theories and concepts
- A comprehensive short-answer question review for each chapter
- Practice activities designed to help students experience and practice implementation of each theory
- Critical reflections on each theory
- Crossword puzzles to keep learning fun
- A glossary of key terms for each chapter

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