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RECOMMENDED SUPPLEMENTARY READINGS FOR PART 1

- Counseling the Culturally Diverse: Theory and Practice* (D. W. Sue & Sue, 2008) is a classic in the field of multicultural counseling and therapy and is now a standard for many courses in multicultural counseling.
- A Handbook for Developing Multicultural Awareness* (Pedersen, 2000) deals with topics such as becoming aware of our culturally biased assumptions and acquiring knowledge and skills needed to deal effectively with cultural diversity.
- Caring for Ourselves: A Therapist's Guide to Personal and Professional Well-Being* (Baker, 2003) is a well-written book that presents a case for the value of therapist self-care. The author develops the theme that self-care is a responsible practice for caregivers.
- Leaving It at the Office: A Guide to Psychotherapist Self-Care* (Norcross & Guy, 2007) addresses 12 self-care strategies that are supported by empirical evidence. The authors develop the position that self-care is personally essential and professionally ethical. This is one of the most useful books on therapist self-care and on prevention of burnout.
- The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients* (Yalom, 2003) is a highly readable, insightful, and useful resource. It includes 85 short chapters on a wide variety of topics that pertain to the counselor as a person and as a professional.
- Ethical Practice in Small Communities: Challenges and Rewards for Psychologists* (Schank & Skovholt, 2006) addresses current concerns in small communities and describes strategies to minimize risk.
- ACA Ethical Standards Casebook* (Herlihy & Corey, 2006a) contains a variety of useful cases that are geared to the *ACA Code of Ethics*. The examples illustrate and clarify the meaning and intent of the standards.
- Boundary Issues in Counseling: Multiple Roles and Responsibilities* (Herlihy & Corey, 2006b) puts the multiple relationship controversy into perspective. The book focuses on dual relationships in a variety of work settings.
- Boundaries in Psychotherapy: Ethical and Clinical Explorations* (Zur, 2007) examines the complex nature of boundaries in professional practice by offering a decision-making process to help practitioners deal with a range of topics such as gifts, non-sexual touch, home visits, bartering, and therapist self-disclosure.
- Dual Relationships and Psychotherapy* (Lazarus & Zur, 2002) is an excellent compilation addressing the ethics of dual relationships, the role of boundaries, and dual relationships in special populations.
- Issues and Ethics in the Helping Professions* (Corey, Corey, & Callanan, 2007) is devoted entirely to the issues that were introduced briefly in Chapter 3. The book is designed to involve readers in a personal and active way, and many open-ended cases are presented to help readers formulate their thoughts on a wide range of ethical issues.
- Ethics in Action: CD-ROM* (Corey, Corey, & Haynes, 2003) is a self-instructional program divided into three parts: (1) ethical decision making, (2) values and the helping relationship, and (3) boundary issues and multiple relationships. The program includes video clips of vignettes demonstrating ethical situations aimed at stimulating discussion.
- The Art of Integrative Counseling* (Corey, 2009a) is a presentation of concepts and techniques from the various theories of counseling. The book provides guidelines for readers in developing their own approach to counseling practice.

Case Approach to Counseling and Psychotherapy (Corey, 2009b) provides case applications of how each of the theories presented in this book works in action. A hypothetical client, Ruth, experiences counseling from all of the therapeutic vantage points.

Student Manual for Theory and Practice of Counseling and Psychotherapy (Corey, 2009c) is designed to help you integrate theory with practice and to make the concepts covered in this book come alive. It consists of self-inventories, overview summaries of the theories, a glossary of key concepts, study questions, issues and questions for personal application, activities and exercises, comprehension checks and quizzes, and case examples. The

manual is fully coordinated with the textbook to make it a personal study guide.

Integrative Counseling: CD-ROM (Corey & Haynes, 2005) is an interactive, self-study tool that contains video segments and interactive questions designed to teach students ways of working with a client (Ruth) by drawing concepts and techniques from diverse theoretical approaches. The topics in this program parallel the topics in *The Art of Integrative Counseling*.

Becoming a Helper (M. Corey & Corey, 2007) has separate chapters that expand on issues dealing with the personal and professional lives of helpers and ethical issues in counseling practice.

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RECOMMENDED SUPPLEMENTARY READINGS

Psychoanalytic Theory: An Introduction (Elliott, 1994) provides thorough coverage of the psychoanalytic implications for “post-modern” theories, systems approaches, and feminist thought.

Techniques of Brief Psychotherapy (Flegenhimer, 1982) is useful in describing the processes of client selection, therapist training, and modifications of techniques used in brief psychoanalytic therapy.

Psychodynamic Psychiatry in Clinical Practice (Gabbard, 2005) offers an excellent account of various psychoanalytic per-

spectives on borderline and narcissistic disorders.

Object Relations and Self Psychology: An Introduction (St. Clair, with Wigren, 2004) provides an overview and critical assessment of two streams of psychoanalytic theory and practice: object-relations theory and self psychology. Especially useful are the chapters discussing the approaches of Margaret Mahler, Otto Kernberg, and Heinz Kohut. This is a good place to start if you want an update on the contemporary trends in psychoanalysis.

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RECOMMENDED SUPPLEMENTARY READINGS

Adlerian Therapy: Theory and Practice (Carlson, Watts, & Maniacci, 2006) clearly presents a comprehensive overview of Adlerian therapy in contemporary practice. There are chapters on the therapeutic relationship, brief individual therapy, brief couples therapy, group therapy, play therapy, and consultation. This book lists Adlerian intervention videos that are available.

Early Recollections: Interpretative Method and Application (Mosak & Di Pietro, 2006) is an extensive review of the use of early recollections as a way to understand an

individual's dynamics and behavioral style. This book addresses the theory, research, and clinical applications of early recollections.

Adlerian, Cognitive, and Constructivist Therapies: An Integrative Dialogue (Watts, 2003) acknowledges the important contributions of Alfred Adler and illustrates the many ways Adlerian ideas have influenced the development of the cognitive and constructivist therapies.

Primer of Adlerian Psychology (Mosak & Maniacci, 1999) offers an accessible introduction

to the basic tenets of Individual Psychology geared toward readers who are not familiar with Adler's work.

Understanding Life-Style: The Psycho-Clarity Process (Powers & Griffith, 1987) is a useful source of information for doing a life-

style assessment. Separate chapters deal with interview techniques, lifestyle assessment, early recollections, the family constellation, and methods of summarizing and interpreting information.

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RECOMMENDED SUPPLEMENTARY READINGS

Existential Counselling and Psychotherapy in Practice (van Deurzen, 2002a) is highly recommended as an excellent overview of the basic assumptions, goals, and key

concepts of the existential approach. The author puts into clear perspective topics such as anxiety, authentic living, clarifying one's worldview, determining

values, discovering meaning, and coming to terms with life. This book provides a framework for practicing counseling from an existential perspective.

Existential Therapies (Cooper, 2003) provides a useful and clear introduction to the existential therapies. There are separate chapters on logotherapy, the British school of existential analysis, the American existential-humanistic approach, dimensions of existential therapeutic practice, and brief existential therapies.

Existential Psychotherapy (Yalom, 1980) is a superb treatment of the ultimate human concerns of death, freedom, isolation, and meaninglessness as these issues relate to therapy. This book has depth and clarity, and it is rich with clinical examples that illustrate existential themes.

The Art of the Psychotherapist (Bugental, 1987) is an outstanding book that bridges the art and science of psychotherapy, mak-

ing places for both. The author is an insightful and sensitive clinician who writes about the psychotherapist-client journey in depth from an existential perspective.

I Never Knew I Had a Choice (Corey & Corey, 2006) is written from an existential perspective. Topics include our struggle to achieve autonomy; the meaning of loneliness, death, and loss; and how we choose our values and philosophy of life.

Cross-Cultural Counseling: A Casebook (Vontress, Johnson, & Epp, 1999) contains case studies of culturally diverse clients. These cases are explored within three frameworks: from a conceptual perspective, from an existential perspective, and from the vantage point of the DSM-IV diagnostic model. There is a marvelous chapter on the existential foundations of cross-cultural counseling.

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RECOMMENDED SUPPLEMENTARY READINGS

On Becoming a Person (Rogers, 1961) is one of the best primary sources for further reading on person-centered therapy. This is a collection of Rogers's articles on the process of psychotherapy, its outcomes, the therapeutic relationship, education, family life, communication, and the nature of the healthy person.

A Way of Being (Rogers, 1980) contains a series of writings on Rogers's personal experiences and perspectives, as well as chapters on the foundations and applications of the person-centered approach.

The Creative Connection: Expressive Arts as Healing (N. Rogers, 1993) is a practical, spirited book lavishly illustrated with color and action photos and filled with fresh ideas to

stimulate creativity, self-expression, healing, and transformation. Natalie Rogers combines the philosophy of her father with the expressive arts to enhance communication between client and therapist.

Humanistic Psychotherapies: Handbook of Research and Practice (Cain & Seeman, 2002) provides a useful, comprehensive discussion of person-centered therapy, Gestalt therapy, and existential therapy. This book includes research evidence for the person-centered theory.

The Carl Rogers Reader (Kirschenbaum & Henderson, 1989) includes many of Carl Rogers's choices of readings for students.

On Becoming Carl Rogers (Kirschenbaum, 1979) is a biography of Carl Rogers.

Freedom to Learn (Rogers & Freiberg, 1994) addresses the core values that are needed to transform traditional schooling into schools that have the potential for be-

coming centers that prize the freedom to learn. This book shows how the core therapeutic conditions can be applied to the teaching and learning process.

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RECOMMENDED SUPPLEMENTARY READINGS

Gestalt Therapy Verbatim (Perls, 1969a) provides a firsthand account of way in which Perls worked. It contains many verbatim transcripts of workshop demonstrations.

Gestalt Therapy: History, Theory, and Practice (Woldt & Toman, 2005) introduces the historical underpinnings and key concepts of Gestalt therapy and features applications of those concepts to therapeutic practice. This is a significant recent publication in the field of Gestalt therapy and contains pedagogical learning activities and experiments, review questions, and photographs of all contributors.

Gestalt Therapy Integrated: Contours of Theory and Practice (Polster & Polster, 1973) is a classic in the field and an excellent source

for those who want a more advanced and theoretical treatment of this model.

Creative Process in Gestalt Therapy (Zinker, 1978) is a beautifully written book that shows how the therapist functions much like an artist in creating experiments that encourage clients to expand their boundaries.

Awareness, Dialogue and Process: Essays on Gestalt Therapy (Yontef, 1993) is an excellent collection that develops the message that much of Gestalt therapy theory and practice consists of dialogue.

The Healing Relationship in Gestalt Therapy: A Dialogic Self Psychology Approach (Hycner & Jacobs, 1995) is a useful source for understanding contemporary Gestalt therapy based on a meaningful dialogic relationship between client and therapist.

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RECOMMENDED SUPPLEMENTARY READINGS

- Contemporary Behavior Therapy* (Spiegler & Guevremont, 2003) is a comprehensive and up-to-date treatment of basic principles and applications of the behavior therapies, as well as a fine discussion of ethical issues. Specific chapters deal with procedures that can be usefully applied to a range of client populations: behavioral assessment, modeling therapy, systematic desensitization, exposure therapies, cognitive restructuring, and cognitive coping skills.
- Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions* (Cormier, Nurius, & Osborn, 2009) is a comprehensive and clearly written textbook dealing with training experiences and skill development. Its excellent documentation offers practitioners a wealth of material on a variety of topics, such as assessment procedures, selection of goals, development of appropriate treatment programs, and methods of evaluating outcomes.
- Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice* (O'Donohue, Fisher, & Hayes, 2003) is a useful collection of short chapters describing empirically supported techniques for working with a wide range of presenting problems.
- Behavior Modification: Principles and Procedures* (Miltenberger, 2008) is an excellent resource for learning more about basic principles such as reinforcement, extinction, punishment, and procedures to establish new behavior.
- Behavior Modification in Applied Settings* (Kazdin, 2001) offers a contemporary look at behavior modification principles that are derived from operant conditioning and describes how techniques can be applied in clinical, home, school, and work settings.
- Self-Directed Behavior: Self-Modification for Personal Adjustment* (Watson & Tharp, 2007) provides readers with specific steps for carrying out self-modification programs. The authors deal with selecting a goal, developing a plan, keeping progress notes, and recognizing and coping with obstacles to following through with a self-directed program.

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RECOMMENDED SUPPLEMENTARY READINGS

Feeling Better, Getting Better, and Staying Better (Ellis, 2001a) is a self-help book that describes a wide range of cognitive, emotive, and behavioral approaches to not only feeling better but getting better.

Overcoming Destructive Beliefs, Feelings, and Behaviors (Ellis, 2001b) brings REBT up to date and shows how it helps neurotic clients and those suffering from severe personality disorders.

Rational Emotive Behavior Therapy: It Works for Me—It Can Work for You (Ellis, 2004a) is a personal book that describes the many challenges Ellis has faced in his life and how he has coped with these realities by applying REBT principles.

The Road to Tolerance: The Philosophy of Rational Emotive Behavior Therapy (Ellis, 2004b) is a companion book to the book listed above. In this book Ellis demonstrates that tolerance is a deliberate, rational choice that we can make, both for the good of ourselves and for others.

Cognitive Therapy for Challenging Problems (J. Beck, 2005) is a comprehensive account of cognitive therapy procedures applied to clients who present a multiplicity of difficult behaviors. It covers the nuts and bolts of cognitive therapy with all populations and cites important research on cognitive therapy since its inception. There are chapters dealing with topics such as the

therapeutic alliance, setting goals, structuring sessions, homework, identifying cognitions, modifying thoughts and images, modifying assumptions, and modifying core beliefs.

Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice (O'Donohue, Fisher, & Hayes, 2003) is a useful collection of short chapters on applying empirically supported techniques in working with a wide range of presenting problems. Most of these chapters can be applied to both individual and group therapy.

Mind Over Mood: Change How You Feel by Changing the Way You Think (Greenberger

& Padesky, 1995) provides step-by-step worksheets to identify moods, solve problems, and test thoughts related to depression, anxiety, anger, guilt, and shame. This is a popular self-help workbook and a valuable tool for therapists and clients learning cognitive therapy skills.

Clinician's Guide to Mind Over Mood (Padesky & Greenberger, 1995) shows therapists how to integrate *Mind Over Mood* in therapy and use cognitive therapy treatment protocols for specific diagnoses. This succinct overview of cognitive therapy has troubleshooting guides, reviews cultural issues, and offers guidelines for individual, couples, and group therapy.

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RECOMMENDED SUPPLEMENTARY READINGS

Warning: Psychiatry Can Be Hazardous to Your Mental Health (Glasser, 2003) is a provocative look at psychiatric practice and the use of drugs in dealing with the symptoms often labeled as “mental illness.” The author proposes an alternative to classifying and pathologizing people.

Counseling With Choice Theory: The New Reality Therapy (Glasser, 2001) represents the author’s latest thinking about choice theory and develops the existential theme that we choose all of our total behaviors. Case examples demonstrate how choice theory principles can be applied in helping people establish better relationships.

Reality Therapy for the 21st Century (Wubbolding, 2000) is a comprehensive and practical book that represents major extensions and developments of reality therapy. The practical formulation of the WDEP system of reality therapy is highlighted. Included are multicultural adaptations and summaries of research studies validating the theory and practice of reality therapy.

Case Approach to Counseling and Psychotherapy (Corey, 2009) illustrates how prominent reality therapists Drs. William Glasser and Robert Wubbolding would counsel Ruth from their different perspectives of choice theory and reality therapy.

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第十二章

RECOMMENDED SUPPLEMENTARY READINGS

Feminist Perspectives in Therapy: Empowering Diverse Women (Worell & Remer, 2003) is an outstanding text that clearly outlines the foundations of empowerment feminist therapy. The book covers a range of topics such as integrating feminist and multicultural perspectives on therapy, changing roles for women, feminist views of counseling practice, feminist trans-

formation of counseling theories, and a feminist approach to assessment and diagnosis. There are also excellent chapters dealing with depression, surviving sexual assault, confronting abuse, choosing a career path, and lesbian and ethnic minority women.

Feminist Theories and Feminist Psychotherapies: Origins, Themes, and Diversity (Enns, 2004)

describes the wide range of feminist theories that inform and influence feminist practice. The book includes short self-assessment questionnaires designed to help readers clarify their feminist theoretical perspective.

The Healing Connection: How Women Form Relationships in Therapy and Life (Miller & Stiver, 1997) describes how connections are formed between people and how this leads to strong, healthy individuals. The authors also deal with disconnections between people that lead to anxiety, isolation, and depression.

Women's Growth in Diversity: More Writings From the Stone Center (Jordan, 1997) builds on the foundations laid by *Women's Growth in Connection*. This work offers insights on issues such as sexuality, shame, anger, depression, power relations between women, and women's experiences in therapy.

Subversive Dialogues: Theory in Feminist Therapy (Brown, 1994) is a significant work that brings feminist theory and therapy together. The author illustrates the application of feminist principles using case examples.

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RECOMMENDED SUPPLEMENTARY READINGS

Becoming Solution-Focused in Brief Therapy (Walter & Peller, 1992) and *Recreating Brief Therapy: Preferences and Possibilities* (Walter & Peller, 2000) are clearly written books that contain a great deal of useful information on basic ideas of brief therapy and ways of implementing solution-focused brief therapy.

Interviewing for Solutions (De Jong & Berg, 2008) is a practical text aimed at teaching and learning solution-focused skills. It is written in a conversational and informal style and contains many examples to solidify learning of skills.

Narrative Counseling in Schools (Winslade & Monk, 2007) is a basic and easy-to-read guide to applying concepts and techniques of narrative therapy to school settings.

Narrative Therapy in Practice: The Archaeology of Hope (Monk, Winslade, Crocket, & Epston, 1997) clarifies and translates many of the ideas of Michael White and David Epston. This edited text contains some excellent discourse on how narrative therapy works, the therapeutic relationship, and learning and teaching narrative ideas.

Collaborative, Competency-based Counseling and Therapy (Bertolino & O'Hanlon, 2002) is a blend of various postmodern approaches that emphasizes ways therapists can create collaborative relationships with clients that will result in opening new possibilities for living. This book is an update of solution-oriented and possibility therapies.

Narrative Therapy: The Social Construction of Preferred Realities (Freedman & Combs, 1996) is an exceptionally clear explanation of the basic ideas of narrative therapy. The authors emphasize key concepts and the application of specific clinical practices. This is one of the best sources on the theory and practice of narrative therapy.

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RECOMMENDED SUPPLEMENTARY READINGS

- Ethnicity and Family Therapy* (McGoldrick, Giordano, & Garcia-Preto, 2005) is the seminal work on culture in family therapy. The authors review the importance of cultural considerations in relation to family therapy and provide chapters on the background, research, and therapy issues of more than 15 cultures.
- Theory and Practice of Family Therapy and Counseling* (Bitter, 2009) is a comprehensive textbook that seeks to develop personal and professional growth in family practitioners as well as orient the reader to the theories that make up the field of family therapy and counseling.
- Family Therapy Basics* (Worden, 2003) offers practical guidelines for conducting family interviews, emphasizes common clinical problems, and serves as a springboard for clinical and theoretical discussions.
- Family Therapy: Concepts and Methods* (Nichols, 2006) is an AAMFT-based text that covers seven of the major contemporary family systems models. The final chapter presents an integration of key themes among diverse approaches to family therapy.
- Family Therapy: History, Theory, and Practice* (Gladding, 2007) is an overview of family therapy models and therapeutic interventions designed for counselors associated with ACA.
- Family Therapy: An Overview* (Goldenberg & Goldenberg, 2008) provides an excellent basic overview of these contemporary perspectives on family therapy.
- Metaframeworks: Transcending the Models of Family Therapy* (Breunlin, Schwartz, & MacKune-Karrer, 1997) is the basis for a multilensed approach for understanding families and the larger systems in which they are embedded. A blueprint for integrative family therapy is provided.
- The Practice of Family Therapy: Key Elements Across Models* (Hanna, 2007) focuses on the diversity of family therapy and integrates common elements of the field. It also deals with family therapy assessment and treatment skills.
- Theories and Strategies of Family Therapy* (Carlson & Kjos, 2002) is a comprehensive presentation of family therapy models with chapters written by people who practice what they have demonstrated in the video series entitled *Family Therapy With the Experts* (Carlson & Kjos, 1999).

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RECOMMENDED SUPPLEMENTARY READINGS

A Casebook of Psychotherapy Integration (Stricker & Gold, 2006) features master therapists who demonstrate how they successfully apply their own integrative approaches.

Handbook of Psychotherapy Integration (Norcross & Goldfried, 2005) is an excellent resource for conceptual and historical perspectives on therapy integration. This edited volume

gives a comprehensive overview of the major current approaches, such as theoretical integration and technical eclecticism.

Integrative Psychotherapy: The Art and Science of Relationship (Moursund & Erskine, 2004) is a relationship-focused integrative approach to practice. The book deals with both theoretical foundations and therapeutic interventions.

The Art of Integrative Counseling (Corey, 2009a) is designed to assist students in developing their own integrative approach to counseling. This book is geared very closely to the CD-ROM for *Integrative Counseling*.

Case Approach to Counseling and Psychotherapy (Corey, 2009b) illustrates each of the 11 contemporary theories by applying them to the single case of Ruth. I also demonstrate my integrative approach in counseling Ruth in the final chapter.

CD-ROM for *Integrative Counseling* (Corey, with Haynes, 2005) illustrates an integrative perspective in working with a hypothetical client, Ruth. This interactive program is designed as a supplement to both of the books listed above.

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