



Theories of Counseling and Psychotherapy: Contemporary Applications

James J. Archer, Christopher J. McCarthy

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This new counseling theories book provides a clear, fresh explanation of the major counseling approaches, yet has the depth, research and detail needed for many practitioners in the field. The authors' extensive clinical experience enlivens the material and provides understandable examples of each theory. Newer theories like Solution-Focused and Narrative are covered in individual chapters and up to date applications of more classic theories are included throughout. Infused within each chapter is a discussion of multicultural issues and reflective questions. A unique chapter on psychopharmacology covers the "biochemical" approach to treatment and discusses client, counselor and physician relationships.

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