

Career Counseling Theories Of Psychotherapy

Psychotherapy

traditional healing practices into counseling and psychotherapy. Multicultural aspects of counseling and psychotherapy. Vol. 22. Thousand Oaks, CA: SAGE

Psychotherapy (also psychological therapy, talk therapy, or talking therapy) is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior, increase happiness, and overcome problems. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills. Numerous types of psychotherapy have been designed either for individual adults, families, or children and adolescents. Some types of psychotherapy are considered evidence-based for treating diagnosed mental disorders; other types have been criticized as pseudoscience.

There are hundreds of psychotherapy techniques, some being minor variations...

Counseling psychology

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Counseling or Counselling psychology is an international discipline. It is practiced in the United States and Canada, the United Kingdom and Ireland, Australia and New Zealand, Hong Kong and Korea, and South Africa.

Counseling psychology in the United States initially focused on vocational counseling but later focused upon adjustment counseling. It currently includes many sub-disciplines, for example marriage and family counseling, rehabilitation counseling, clinical mental health counseling, educational counseling, etc. In each setting, they are all required to follow the same guidelines.

The Society for Counseling Psychology in the United States states:Counseling Psychology is a generalist health service (HSP) specialty in professional psychology that uses a broad range of culturally informed...

Philosophical counseling

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Philosophical consultancy, also sometimes called philosophical practice or philosophical counseling or clinical philosophy, is a contemporary movement in practical philosophy. Developing since the 1980s as a profession but since the 1950s as a practice, practitioners of philosophical counseling ordinarily have a doctorate or minimally a master's degree in philosophy and offer their philosophical counseling or consultation services to clients who look for a philosophical understanding of their lives, social problems, or even mental problems. In the last case, philosophical counseling might be in lieu of, or in conjunction with, psychotherapy. The movement has often been said to be rooted in the Socratic tradition, which viewed philosophy as a search for the Good and the good life. A life without...

Individual psychology

Griffith". Journal of Individual Psychology. 68 (2): 112-135. Corey, Gerald (2012). Theory and Practice of Counseling and Psychotherapy. Cengage Learning

Individual psychology (German: Individualpsychologie) is a psychological method and school of thought founded by the Austrian psychiatrist Alfred Adler. The English edition of Adler's work on the subject, The Practice and Theory of Individual Psychology (1924), is a collection of papers and lectures given mainly between 1912 and 1914. These papers provide a comprehensive overview of Adler's Personality Theory, in which the situation that one is born into plays an important part in personality development.

In developing individual psychology, Adler broke away from Freud's psychoanalytic school. While Adler initially termed his work "free psychoanalysis", he later rejected the label of "psychoanalyst". His method, which involved a holistic approach to character study, informed some approaches...

Carl Rogers

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Carl Ransom Rogers (January 8, 1902 – February 4, 1987) was an American psychologist who was one of the founders of humanistic psychology and was known especially for his person-centered psychotherapy. Rogers is widely considered one of the founding fathers of psychotherapy research and was honored for his research with the Award for Distinguished Scientific Contributions by the American Psychological Association (APA) in 1956.

The person-centered approach, Rogers's approach to understanding personality and human relationships, found wide application in various domains, such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. For his professional work he received the Award for Distinguished Professional Contributions...

Career assessment

might include one or all of the following: career counseling, psychotherapy or psychoanalysis. Career assessment, in the form of tests and other structured

Career assessments are tools that are designed to help individuals understand how a variety of personal attributes (i.e., data values, preferences, motivations, aptitudes and skills), impact their potential success and satisfaction with different career options and work environments. Career assessments have played a critical role in career development and the economy in the 20th century (Whiston and Rahardja, 2005). Individuals or organizations often use assessment of some or all of these attributes, such as university career service centers, career counselors, outplacement companies, corporate human resources staff, executive coaches, vocational rehabilitation counselors, and guidance counselors to help individuals make more informed career decisions.

In part, the popularity of this tool in...

School counselor

Aotearoa (NZAC) Counseling Association of Nigeria (CASSON) Philippine Guidance and Counseling Association (PGCA) Counseling & Psychotherapy in Scotland (COSCA)

A school counselor is a certified/licensed professional that provides academic, career, college readiness, and social-emotional support for all students. There are school counselor positions within each level of schooling (elementary, middle, high, and college). By developing and following a school counseling program, school counselors are able to provide students of all ages with the appropriate support and guidance needed for overall success.

Rational emotive behavior therapy

a greater impact on modern psychotherapy." REBT is both a psychotherapeutic system of theory and practices and a school of thought established by Ellis

Rational emotive behavior therapy (REBT), previously called rational therapy and rational emotive therapy, is an active-directive, philosophically and empirically based psychotherapy, the aim of which is to resolve emotional and behavioral problems and disturbances and to help people to lead happier and more fulfilling lives.

REBT posits that people have erroneous beliefs about situations they are involved in, and that these beliefs cause disturbance, but can be disputed and changed.

Clinical mental health counseling

(NCC) certification Complete 60 hours of graduate coursework including courses in: Theories of Counseling Psychotherapy Personality Abnormal Psychology and

Clinical mental health counseling is a healthcare profession addressing issues such as substance abuse, addiction, relational problems, stress management, as well as more serious conditions such as suicidal ideation and acute behavioral disorders. Practitioners may also assist with occupational growth in neurodivergent populations and behavioral and educational development. Clinical mental health (CMH) counselors include psychologists, psychiatrists, mental health technicians, marriage counselors, social workers, and family therapists.

Hans Herrman Strupp

Strupp's work in the field of psychotherapy research is considered to be pioneering because he was the first to introduce the use of actual therapy session

Hans Hermann Strupp (August 25, 1921 – October 5, 2006) was born in Frankfurt, Germany and died in the U.S. He moved from Nazi Germany to the U.S. and he pursued a PhD in Psychology at George Washington University in Washington, D.C. where the Department of Psychiatry granted him with a Certificate in Applied Psychiatry for Psychologists. One of the founders of this school was Harry Stack Sullivan whose work had a large impact on Strupp's academic career and thinking. Hans became a Full Professor at Vanderbilt University's Department of Psychology in 1966 and was named Distinguished Professor in 1976.

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