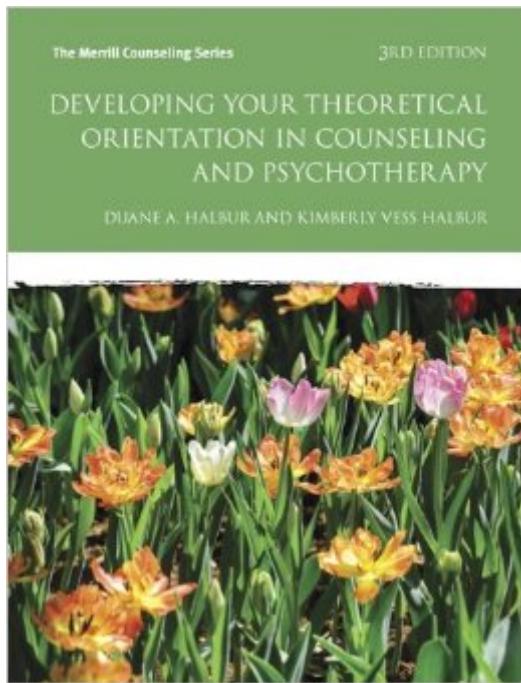


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# Developing Your Theoretical Orientation In Counseling And Psychotherapy (3rd Edition) (Merrill Counseling)



## **Synopsis**

This guide is designed to assist therapists in trainingâ "mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpersâ "in the process of finding a theoretical orientation congruent with their own personal values. In it, readers get a look at the theory and practices involved in the process; a concise, helpful reminder/overview of the major theories of counseling; and specific learning activities, reflection questions, and case examples interspersed throughout. Unique to this book are the authorsâ ™ Intentional Theory Selection (ITS) model, a contemporary model for selecting a theoretical orientation congruent with oneâ ™s personal values, and the Selective Theory Sorter-Revised (STS-R), a survey for discovering which research theories a counselor might endorse. Updated throughout, the Third Edition focuses on assisting clinicians further in finding their theoretical orientation in a diverse society while enjoying the self-exploration process. The authors have presented the ITS model and the STS-R at many professional conferences, incorporating the feedback into the new edition.

## **Book Information**

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## **Customer Reviews**

I'm a 3rd year doctoral student and have been struggling with orientation since undergrad. This is a great book to guide you through your exploration, and a quick read. Everyone in my co-hort has been asking to borrow!

You've got to be kidding me. \$37.99 for 100 pages of COURSE NOTES. Published by PEARSON, no wonder the price is so high. Is it ethical to set such a high price on a 100-page summary of what is already presented in the average introductory course on counseling approaches? Ask the authors. The prose varies from disorganization and repetition to undeveloped, obtuse phrases. There are virtually no tools of analysis, only summaries of the schools of thought and some comparison charts.

Developing Your Theoretical Orientation is a must have book for anyone pursuing a career in mental health. It's easy to read, informative, and has great info in a readily accessible format to help you identify your own worldview which in turn shapes your theoretical orientation. In your coursework, you'll be exposed to modalities that may resonate with you, but if they're not actually compatible with your worldview, you may find yourself leaning elsewhere. This book helps you explore your worldview and then find the orientation(s) which are compatible (to varying degrees) with how you look at things naturally. This way you're not fitting into a mold... you're finding which tools suit you best. And given that you will likely at some point have to write an essay (e.g., for applying for internship!) on your theoretical orientation, knowing this and exploring it is imperative!

This little book was a huge help to me in defining what exactly was my orientation. In fact I was quite surprised to discover the answer after taking the quiz. But after researching the theory orientation (Gestalt) I discovered how good a fit it was after all. I would recommend any coming therapist to have this book. It is well worth it for the self discovery and now I have a peace of mind and a starting point upon which I can build.

It is not the usual textbook size. Much smaller. If you are buying this for a counseling class in the Dallas area ask the professor if you really need it. It has good info, but it's a lot of money for the little bit of book you get.

I purchased this book because my counseling theories class required it. Although we haven't had any required reading from this book, I think it's one of the most informative and helpful books I've ever gotten for a class. It is a great companion for huge text books that list every minute detail of a theory. It is written concisely and in easy to understand language, giving the important facts on theories as well as having sections that help you better understand your theoretical orientation. I would highly recommend this to any counseling student or professional and I plan on using this as a

reference throughout my career!

This was an assigned book for an advanced theories class. The professor thought it would be useful because of the self-report theoretical orientation sorter in contained. This sorter is a poor instrument to use, for one: it contained only a few VERY general umbrella orientation terms such as Psychoanalytic (which covers Freudian and Jungian perspectives but not psychodynamic orientations such as Object-Relations, Self Psychology, Ego Psychology, etc- though they are covered in the back of the book, Psychodynamic is not even listed as an orientation in the sorter), Practical Theories, and "Constructivist School of Thought" (which holds a variety of approaches and are not necessarily going to all be subscribed to by one person); and a few more specific orientations like CBT (which could have easily been listed as "cognitive theories" or "cognitive and behavioral theories", since DBT, Body Awareness Therapy, and others could have fit into a person's preferred orientation(s) if they endorsed CBT items in the sorter), Existential, Gestalt, and Family Systems. I'm not certain how the authors could even construct the sorter as they did and expect it to be helpful to students who are unfamiliar with half or more of the specific theories listed in the main textbook. For those who are familiar with the theories- it is still unhelpful, as the orientations used as starting points to figure out one's orientation preferences seem to be picked at random. Thank god I had my preferences figured out about a year or so ago or else I'd be pretty confused and uncertain about many of these theories. This book was a complete waste of my money, in my opinion, especially for how thin it is considering what it cost.

Like many counseling students, my program had many classes which focused on psychotherapy and counseling orientations. All of these asked at some point for the student to detail their personal counseling style, which was always difficult for me. This book is very thorough, and the questionnaire allows counselors-in-training to answer questions relative to their core beliefs and then use those answers to garner the top three orientations which most closely match their answers. The only negative is that it was a relatively small book for the price.

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