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Case Documentation in Counseling and Psychotherapy: A Theory-Informed, Competency-Based Approach

By Diane R. Gehart

Cengage Learning, Inc, United States, 2015. Paperback. Book Condition: New. 2nd. 272 x 216 mm. Language: English . Brand New Book. CASE DOCUMENTATION IN COUNSELING AND PSYCHOTHERAPY teaches counselors and psychotherapists how to apply counseling theories in real-world settings. The book provides a comprehensive introduction to case documentation using four commonly used clinical forms: case conceptualization, clinical assessment, treatment plan, and progress note. These documents are uniquely designed to incorporate counseling theory and help new practitioners understand how to use theory in everyday practice. Case studies illustrate how to complete documentation using each of seven counseling models: psychodynamic, Adlerian, humanistic, cognitive-behavioral, family systemic, solution-focused, and postmodern/feminist. Readers also learn about the evidence base for each theory as well as applications for specific diverse populations. Outcome-based pedagogy engages readers in an active learning process. The book's case documentation assignments-created using national standards for counseling, family therapy, psychology, and social work-empower readers to apply theoretical concepts and develop professional skills early in their training. With its practical overviews of theories, conceptualization, treatment planning, and documentation, this is a book that future mental health professionals will want to keep and use as a clinical reference manual for years to come.



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