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An interactive guide for helping helping professionals choose a theoretical orientation Appropriate for mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers, Developing Your Theoretical Orientation in Counseling and Psychotherapy helps readers find a theoretical orientation aligned with their personal values and worldview.

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In the style of a late-night show, we will give you the top 10 ways to find your theoretical orientation. We believe that each strategy can lead you closer to your theoretical orientation and that each is important in the overall process of developing your theoretical orientation. 1. Find yourself. 2. Articulate your values.

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Chapter Three: Top 10 Ways to Find Your Theoretical Orientation. Find Yourself. Articulate Your Values. Survey Your Preferences . Use Your Personality. Taking the MBTI. Capture Yourself. Let Others Inspire You in Your Learning. Read Original Works. Get Real. Study with a Master. Broaden Your Experiences. Top 10 Wrap-Up. Reflection Questions. Suggested Readings and Webpages

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Theoretical orientation is important for both the counselor and the client. Every mind is different, and everyone responds differently to different forms of therapy. A counselor may be good with one form of therapy, but not so great with the other. On the other hand, a client may not care for one therapy but will respond greatly to another.

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Appropriate for mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers, Developing Your Theoretical Orientation in Counseling and Psychotherapy helps readers find a theoretical orientation aligned with their personal values and worldview. Theories are presented in the text in a way that allows the reader to identify quickly the philosophical and cultural foundations of the theories while also accessing the ...

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A theoretical orientation is a counselor’s philosophy about how problems develop and how these are resolved or treated. It also informs the counselor’s focus in each counseling session, goals of counseling, and interventions you will experience in counseling sessions. Below are a few examples of theoretical orientations and how they shape counseling.

**Kinds of Counseling: How Theoretical Orientation Shapes ...**

counseling develop your theoretical orientation to the counseling process and identify how this approach compares to cognitive behavioral theory since its inception nearly fifty years ago cognitive behavioral therapy cbt has become recognized as perhaps the most effective therapeutic approach indeed cbt has myriad uses and is applied in a number of situations including depression

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Brief Table of Contents. Chapter One: Why Theoretical Orientation Is Important. Chapter Two: Incorporating Theory into Practice Chapter Three: Top 10 Ways to Find Your Theoretical Orientation. Chapter Four: Six Schools of Thought and Their Theories of Helping. Chapter Five: Case Examples for Integrating Theory into Practice. Complete Table of Contents

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**Developing my theoretical orientation presentation**

developing your theoretical orientation in counseling and psychotherapy provides therapists in training with tools strategies and activities to formulate their response to the age old question whats your

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An interactive guide for helping professionals choose a theoretical orientation Appropriate for mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers, Developing Your Theoretical Orientation in Counseling and Psychotherapy helps readers find a theoretical orientation aligned with their personal values and worldview.

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