



Cognitive-Behavioral Theories of Counseling: Traditional and Nontraditional Approaches

Marty Sapp

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This book presents clinicians with a uniquely combined in-depth discussion of both traditional and nontraditional cognitive behavioral approaches to theories of psychotherapy. It emphasizes the current framework of psychotherapy and psychology-cognitive-behavioral theories. Chapter 1 opens with a discussion of psychotherapy efficacy research and also introduces the theory of automaticity. Chapter 2 presents criteria for critiquing traditional and nontraditional cognitive-behavioral theories of counseling including a detailed discussion of variables. Chapter 3 describes Adlerian therapy as an analytic, behavioral, and cognitive form of psychotherapy. Chapter 4 presents the behavior therapies and paradigms of Pavlov, Watson, and Skinner. Chapter 5 discusses the family of sociocognitive approaches. Chapter 6 covers rational emotive behavior therapy, while Chapter 7 explores multimodal behavior therapy. Chapter 8 elaborates on cognitive therapy and the manner in which it tries to change the way clients process information. Chapter 9 discusses cognitive-behavior modification and bridges the gap between cognitive-semantic therapists and cognitive therapists. In Chapter 10, personal constructs psychotherapy investigates how clients create cognitive constructs about their environment. Finally, Chapter 11 explores transactional analysis, including object relations theory and self-psychology, while Chapter 12 concludes with a discussion of reality therapy. This text serves as an excellent compendium of cognitive-behavioral theories within the fields of psychotherapy and psychology and emphasizes to the clinician the need to be eclectic within the broad cognitive-behavioral umbrella without haphazardly attempting to integrate opposing theories.

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