



Applying Counseling Theories: An Online, Case-Based Approach

Aaron B. Rochlen

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A central goal of this product is to help readers grasp the fundamental principles that govern the application of 16 counseling theories. From Freud to Feminism, the authors distill each theory into core principles for applying each theory. Each chapter translates the formal concepts, assumptions, and techniques of the theory into user-friendly guidelines for working with clients. Reading the book, one learns the essence of applying each theory and can delve into the original theorist's work, comprehensive theory books, or eclectic counseling approaches with clarity and understanding.

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