



Counseling and Psychotherapy Theories in Context and Practice Study Guide

By John Sommers-Flanagan, Rita Sommers-Flanagan

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Expand and reinforce your understanding of counseling and psychotherapy theories

This supplementary resource to *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* will further deepen your understanding of three key components of counseling and psychotherapy theory and practice: self-awareness, knowledge, and application and skill development.

This *Study Guide* offers:

- A pre-test and post-test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs
- An opening and closing professional development essay written by a student, practitioner, or faculty member who is active within the counseling or psychology professions
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Editorial Review

About the Author

John Sommers-Flanagan has a PhD in psychology and is Professor of Counselor Education at the University of Montana. He serves as a mental health consultant for Trapper Creek Job Corps. His research interests include clinical interviewing, parent consultations, and adolescent psychotherapy.

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John and Rita have coauthored seven books, including *Clinical Interviewing, Fourth Edition*; *Becoming an Ethical Helping Professional: Cultural and Philosophical Foundations*; and *How to Listen so Parents Will Talk and Talk so Parents Will Listen* (all published by Wiley).

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