The background of the cover is a vibrant, sun-dappled forest. Tall, slender trees with green foliage rise into the sky. In the foreground, a rustic wooden fence made of horizontal logs and vertical posts is covered in bright green moss. The ground is a mix of brown pine needles and fallen leaves.

THEORY AND PRACTICE
OF COUNSELING AND
PSYCHOTHERAPY

Tenth Edition

GERALD COREY



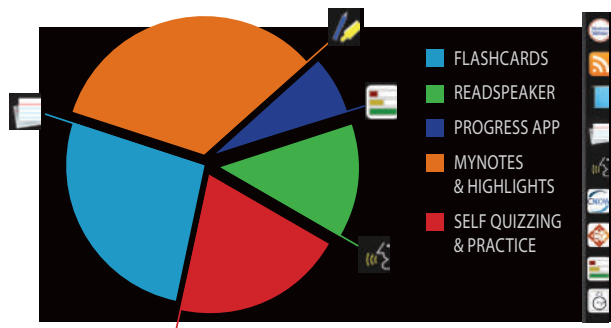
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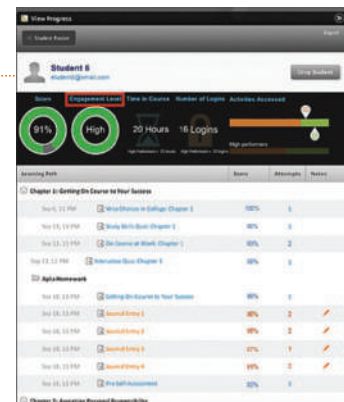
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Theories at-a-Glance

The tables in this book compare theories over a range of topics, thereby providing you with the ability to easily compare, contrast, and grasp the practical aspects of each theory. These tables also serve as invaluable resources that can be used to review the key concepts, philosophies, limitations, contributions to multicultural counseling, applications, techniques, and goals of all theories in this text.

The following chart provides a convenient guide to the tables in this text.

Pages

6–7	Table 1.1	Overview of Contemporary Counseling Models
62–63	Table 4.1	Ego-Defense Mechanisms
65–66	Table 4.2	Comparison of Freud’s Psychosexual Stages and Erikson’s Psychosocial Stages
432	Table 15.1	The Basic Philosophies
433–434	Table 15.2	Key Concepts
438	Table 15.3	Goals of Therapy
441–442	Table 15.4	The Therapeutic Relationship
443–444	Table 15.5	Techniques of Therapy
444–445	Table 15.6	Applications of the Approaches
446	Table 15.7	Contributions to Multicultural Counseling
447	Table 15.8	Limitations in Multicultural Counseling
448–449	Table 15.9	Contributions of the Approaches
449–450	Table 15.10	Limitations of the Approaches

Overview of Focus Questions for the Theories

For the chapters dealing with the different theories, you will have a basic understanding of this book if you can answer the following questions as they apply to each of the eleven theories:

Who are the key figures (founder or founders) associated with the approach?

What are some of the basic assumptions underlying this approach?

What are a few of the key concepts that are essential to this theory?

What do you consider to be the most important goals of this therapy?

What is the role the therapeutic relationship plays in terms of therapy outcomes?

What are a few of the techniques from this therapy model that you would want to incorporate into your counseling practice?

What are some of the ways that this theory is applied to client populations, settings, and treatment of problems?

What do you see as the major strength of this theory from a diversity perspective?

What do you see as the major shortcoming of this theory from a diversity perspective?

What do you consider to be the most significant contribution of this approach?

What do you consider to be the most significant limitation of this approach?

THEORY AND PRACTICE OF COUNSELING AND PSYCHOTHERAPY

Tenth Edition



Gerald Corey

*California State University, Fullerton
Diplomate in Counseling Psychology,
American Board of Professional Psychology*



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*To the founders and key figures of the theories presented
in this book—with appreciation for their contributions
to contemporary counseling practice.*

ABOUT THE AUTHOR



GERALD COREY is Professor Emeritus of Human Services and Counseling at California State University at Fullerton. He received his doctorate in counseling from the University of Southern California. He is a Diplomate in Counseling Psychology, American Board of Professional Psychology; a licensed psychologist; and a National Certified Counselor. He is a Fellow of the American Psychological Association (Division 17, Counseling Psychology; and Division 49, Group Psychotherapy); a Fellow of the American Counseling Association; and a Fellow of the Association for Specialists in Group Work. He also holds memberships in the American Group Psychotherapy Association; the American Mental Health Counselors Association; the Association for Spiritual, Ethical, and Religious Values in Counseling; the Association for Counselor Education and Supervision; and the Western Association of Counselor Education and Supervision. Both Jerry and Marianne Corey received the Lifetime Achievement Award from the American Mental Health Counselors Association in 2011, and both of them received the Eminent Career Award from ASGW in 2001. Jerry was given the Outstanding Professor of the Year Award from California State University at Fullerton in 1991. He regularly teaches both undergraduate and graduate courses in group counseling and ethics in counseling. He is the author or coauthor of 15 textbooks in counseling currently in print, along with more than 60 journal articles and book chapters. Several of his books have been translated into other languages. *Theory and Practice of Counseling and Psychotherapy* has been translated into Arabic, Indonesian, Portuguese, Turkish, Korean, and Chinese. *Theory and Practice of Group Counseling* has been translated into Korean, Chinese, Spanish, and Russian. *Issues and Ethics in the Helping Professions* has been translated into Korean, Japanese, and Chinese.

In the past 40 years Jerry and Marianne Corey have conducted group counseling training workshops for mental health professionals at many universities in the United States as well as in Canada, Mexico, China, Hong Kong, Korea, Germany, Belgium, Scotland, England, and Ireland. In his leisure time, Jerry likes to travel, hike and bicycle in the mountains, and drive his 1931 Model A Ford. Marianne and Jerry have been married since 1964. They have two adult daughters, Heidi and Cindy, two granddaughters (Kyla and Keegan), and one grandson (Corey).

Recent publications by Jerry Corey, all with Cengage Learning, include:

- ♦ *Theory and Practice of Group Counseling*, Ninth Edition (and *Student Manual*) (2016)
- ♦ *Becoming a Helper*, Seventh Edition (2016, with Marianne Schneider Corey)
- ♦ *Issues and Ethics in the Helping Professions*, Ninth Edition (2015, with Marianne Schneider Corey, Cindy Corey, and Patrick Callanan)
- ♦ *Group Techniques*, Fourth Edition (2015, with Marianne Schneider Corey, Patrick Callanan, and J. Michael Russell)
- ♦ *Groups: Process and Practice*, Ninth Edition (2014, with Marianne Schneider Corey and Cindy Corey)

- ♦ *I Never Knew I Had a Choice*, Tenth Edition (2014, with Marianne Schneider Corey)
- ♦ *Case Approach to Counseling and Psychotherapy*, Eighth Edition (2013)
- ♦ *The Art of Integrative Counseling*, Third Edition (2013)

Jerry Corey is coauthor (with Barbara Herlihy) of *Boundary Issues in Counseling: Multiple Roles and Responsibilities*, Third Edition (2015) and *ACA Ethical Standards Casebook*, Seventh Edition (2015); he is coauthor (with Robert Haynes, Patrice Moulton, and Michelle Muratori) of *Clinical Supervision in the Helping Professions: A Practical Guide*, Second Edition (2010); he is the author of *Creating Your Professional Path: Lessons From My Journey* (2010). All four of these books are published by the American Counseling Association.

He has also made several educational DVD programs on various aspects of counseling practice: (1) *Ethics in Action: DVD and Workbook* (2015, with Marianne Schneider Corey and Robert Haynes); (2) *Groups in Action: Evolution and Challenges DVD and Workbook* (2014, with Marianne Schneider Corey and Robert Haynes); (3) *DVD for Theory and Practice of Counseling and Psychotherapy: The Case of Stan and Lecturettes* (2013); (4) *DVD for Integrative Counseling: The Case of Ruth and Lecturettes* (2013, with Robert Haynes); and (5) *DVD for Theory and Practice of Group Counseling* (2012). All of these programs are available through Cengage Learning.

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Preface to Tenth Edition

This book is intended for counseling courses for undergraduate and graduate students in psychology, counselor education, human services, and the mental health professions. It surveys the major concepts and practices of the contemporary therapeutic systems and addresses some ethical and professional issues in counseling practice. The book aims to teach students to select wisely from various theories and techniques and to begin to develop a personal style of counseling.

I have found that students appreciate an overview of the divergent contemporary approaches to counseling and psychotherapy. They also consistently say that the first course in counseling means more to them when it deals with them personally. Therefore, I stress the practical applications of the material and encourage personal reflection. Using this book can be both a personal and an academic learning experience.

In this tenth edition, every effort has been made to retain the major qualities that students and professors have found useful in the previous editions: the succinct overview of the key concepts of each theory and their implications for practice, the straightforward and personal style, and the book's comprehensive scope. Care has been taken to present the theories in an accurate and fair way. I have attempted to be simple, clear, and concise. Because many students want suggestions for supplementary reading as they study each therapy approach, I have included an updated reading list at the end of each chapter and a list of references for each chapter at the end of the book.

This tenth edition updates the material and refines existing discussions. Part 1 deals with issues that are basic to the practice of counseling and psychotherapy. Chapter 1 puts the book into perspective, then students are introduced to the counselor—as a person and a professional—in Chapter 2. This chapter addresses a number of topics pertaining to the role of the counselor as a person and the therapeutic relationship. Chapter 3 introduces students to some key ethical issues in counseling practice, and several of the topics in this chapter have been updated and expanded. Expanded coverage is given to the ACA's 2014 *Code of Ethics*.

Part 2 is devoted to a consideration of 11 theories of counseling. Each of the theory chapters follows a common organizational pattern, and students can easily compare and contrast the various models. This pattern includes core topics such as key concepts, the therapeutic process, therapeutic techniques and procedures, multicultural perspectives, the theory applied to the case of Stan and new to this edition to the case of Gwen, and summary and evaluation. In this tenth edition, each of the chapters in Part 2 has been revised, updated, and expanded to reflect recent trends, and references have been updated as well. Revisions were based on the recommendations of experts in each theory, all of whom are listed in the Acknowledgments section. Attention was given to current trends and recent developments in the practice of each theoretical approach.

Each of the 11 theory chapters summarizes key points and evaluates the contributions, strengths, limitations, and applications of these theories. Special attention is given to evaluating each theory from a multicultural perspective as well, with a commentary on the strengths and shortcomings of the theory in working with diverse client populations. The consistent organization of the summary and evaluation sections makes comparing theories easier. Students are given recommendations regarding where to look for further training for all of the approaches in the *Where To Go From Here* sections at the end of the chapter. Updated annotated lists of reading suggestions along with DVD resources are offered to stimulate students to expand on the material and broaden their learning.

In Part 3, Chapter 15 develops the notion that an integrative approach to counseling practice is in keeping with meeting the needs of diverse client populations in many different settings. Numerous tables and other integrating material help students compare and contrast the 11 approaches.

What's New in This Tenth Edition

Features of the tenth edition include *Learning Objectives* for all the theory chapters; *Self-Reflection and Discussion Questions* at the end of each theory chapter to facilitate thinking and interaction in class; and a new *Case of Gwen*, who is a composite of many clients, to complement the *Case of Stan* feature. Guest contributor Dr. Kellie Kirksey describes her way of working with Gwen from each of the theoretical perspectives.

Significant changes for the tenth edition for each of the theory chapters are outlined below:

Chapter 4 Psychoanalytic Therapy

- New material on countertransference, its role in psychoanalytic therapy, and guidelines for effectively dealing with countertransference
- Expanded discussion of brief psychodynamic therapy and its application

Chapter 5 Adlerian Therapy

- Revised material on the life tasks
- More emphasis on goals for the educational process of therapy
- More on the role of assessment and diagnosis
- New material on early recollections with concrete examples
- Many new examples to bring Adlerian concepts to life
- Revised discussion of reorientation and encouragement process
- Expanded discussion of Adlerian techniques

Chapter 6 Existential Therapy

- Revised material on existential anxiety and its implications for therapy
- Revised section on the client–therapist relationship
- Expanded discussion of tasks of the existential therapist

Chapter 7 Person-Centered Therapy

- ♦ Expanded discussion of clients as active self-healers
- ♦ Updated coverage of the core conditions of congruence, unconditional positive regard, and empathy
- ♦ More attention to the diversity of styles of therapists practicing person-centered therapy
- ♦ More emphasis on how the basic philosophy of the person-centered approach is appropriate for working with diverse client populations
- ♦ A new section on emotion-focused therapy, stressing the role of emotions as a route to change
- ♦ Revised section on motivational interviewing (person-centered approach with a twist)

Chapter 8 Gestalt Therapy

- ♦ Revised discussion of the role of experiments in Gestalt therapy and how they differ from techniques and structured exercises
- ♦ New emphasis on therapist presence, the role of dialogue in therapy, and the therapeutic relationship
- ♦ Expanded discussion of therapist authenticity and self-disclosure
- ♦ More attention to the contemporary relational approach to Gestalt practice

Chapter 9 Behavior Therapy

- ♦ Increased attention to the “third-generation” or “new wave” behavior therapies
- ♦ Updating of section on EMDR
- ♦ Expanded and updated discussion of the role of mindfulness and acceptance strategies in contemporary behavior therapy
- ♦ New and expanded material on mindfulness-based cognitive therapy and stress reduction
- ♦ Expanded and revised treatment of dialectical behavior therapy

Chapter 10 Cognitive Behavior Therapy

- ♦ Major reorganization and updating of the entire chapter
- ♦ Streamlining and updating of Albert Ellis’s rational emotive behavior therapy
- ♦ Revised and expanded coverage of Aaron Beck’s cognitive therapy
- ♦ Increased coverage of Judith Beck’s role in the development of cognitive therapy
- ♦ New section on Christine Padesky’s strength-based cognitive behavior therapy
- ♦ Increased attention on Donald Meichenbaum’s influence in the development of CBT
- ♦ More clinical examples to illustrate key CBT techniques and concepts
- ♦ Expanded coverage of a comparison among the various CBT approaches

Chapter 11 Choice Theory/Reality Therapy

- ♦ Revision of the relationship of choice theory to reality therapy
- ♦ More practical examples of reality therapy practice

Chapter 12 Feminist Therapy

- ♦ Updated and expanded treatment of the principles of feminist therapy
- ♦ Increased attention given to cultural and social justice perspectives
- ♦ More emphasis on concepts of power, privilege, discrimination, and empowerment
- ♦ Expansion of relational-cultural theory and implications for practice
- ♦ Revised and expanded discussion on therapeutic techniques and strategies
- ♦ Revised material on strengths from a diversity perspective

Chapter 13 Postmodern Approaches

- ♦ Updated coverage on parallels between solution-focused brief therapy (SFBT) and positive psychology
- ♦ Broadened discussion of the key concepts of SFBT
- ♦ More emphasis on the client-as-expert in the therapy relationship in postmodern approaches
- ♦ More clinical examples to illustrate the use of SFBT techniques
- ♦ New material on the defining characteristics of brief therapy
- ♦ Increased emphasis on the collaborative nature of narrative therapy and SFBT
- ♦ Revision of narrative therapy section

Chapter 14 Family Systems Therapy

- ♦ Streamlined to focus mainly on an integrative approach to family therapy
- ♦ More on recent developments in family systems therapy
- ♦ More attention given to feminism, multiculturalism, and postmodern constructionism as applied to family therapy

Chapter 15 (“An Integrative Perspective”) pulls together themes from all 11 theoretical orientations. This chapter represents a major revision of the discussion of the psychotherapy integration movement; updates of the various integrative approaches; revision of the section on integration of spirituality in counseling; added material on research demonstrating the therapeutic alliance; expanded discussion on the central role of the client in determining therapy outcomes; new section on feedback-informed treatment; and updated coverage of the conclusions from the research literature on the effectiveness of psychotherapy. New to this chapter are two cases (Stan and Gwen) that illustrate integrative approaches. Chapter 15 develops the notion that an integrative approach to counseling practice is in keeping with meeting the needs of diverse client populations in many different settings. Numerous tables and other integrating material help students compare and contrast the 11 approaches.

This text can be used in a flexible way. Some instructors will follow the sequencing of chapters in the book. Others will prefer to begin with the theory chapters (Part 2) and then deal later with the student's personal characteristics and ethical issues. The topics can be covered in whatever order makes the most sense. Readers are offered some suggestions for using this book in Chapter 1.

In this edition I have made every effort to incorporate those aspects that have worked best in the courses on counseling theory and practice that I teach. To help readers apply theory to practice, I have also revised the *Student Manual*, which is designed for experiential work. The *Student Manual for Theory and Practice of Counseling and Psychotherapy* still contains open-ended questions, many new cases for exploration and discussion, structured exercises, self-inventories, and a variety of activities that can be done both in class and out of class. The tenth edition features a structured overview, as well as a glossary, for each of the theories, and chapter quizzes for assessing the level of student mastery of basic concepts. New to this tenth edition of the *Student Manual* are experiential exercises for the *Case of Gwen* and questions raised by experts in each of the theory chapters. Each expert addresses the same six questions as applied to each of the given theories.

MindTap™ is a new online resource available to accompany this textbook. It contains the video program for *Theory and Practice of Counseling and Psychotherapy: The Case of Stan and Lecturettes*, a glossary of key terms, interviews with experts (questions and answers by experts in the various theories), and case examples for each of the theories illustrating ways of applying these concepts and techniques to a counseling case. A concise version of working with Stan from an integrative perspective now appears in Chapter 15. Chapter 16, "Case Illustration: An Integrative Approach in Working With Stan," has been deleted from this edition but is available on MindTap™. A chapter covering Transactional Analysis is also available on MindTap™.

Case Approach to Counseling and Psychotherapy (Eighth Edition) features experts working with the case of Ruth from the various therapeutic approaches. The casebook, which is now available online, can supplement this book or stand alone.

Accompanying this tenth edition of the text and *Student Manual* are lecturettes on how I draw from key concepts and techniques from the various theories presented in the book. This DVD program has been developed for student purchase and use as a self-study program, and it completes an ideal learning package. *The Art of Integrative Counseling* (Third Edition), which expands on the material in Chapter 15 of the textbook, also complements this book.

Some professors have found the textbook and the *Student Manual* or MindTap™ to be ideal companions and realistic resources for a single course. Others like to use the textbook and the casebook as companions. With this revision it is now possible to have a unique learning package of several books, along with the *DVD for Integrative Counseling: The Case of Ruth and Lecturettes*. The *Case Approach to Counseling and Psychotherapy* and the *Art of Integrative Counseling* can also be used in a various classes, a few of which include case-management practicum, fieldwork courses, or counseling techniques courses.

Also available is a revised and updated *Instructor's Resource Manual*, which includes suggestions for teaching the course, class activities to stimulate interest, PowerPoint presentations for all chapters, and a variety of test questions and a final examination. This instructor's manual is now geared for the following learning package: