



Theory and Treatment Planning in Counseling and Psychotherapy

Diane R. Gehart

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One of the first books in the field of counseling to use a competency-based approach for teaching counseling and psychotherapy theories, Gehart's text has been developed to help you gain the skills and knowledge outlined in the CACREP 2009 Standards. More specifically, the text introduces counseling and psychotherapy theories using theory-informed case conceptualization as well as treatment planning. The book's assignments empower you to apply theoretical concepts and develop real-world skills as early as possible in your training, resulting in greater mastery of the material.

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