



Pro Wellness Planner

Sylvia C. Nassar, Spencer G. Niles



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Introduction to Professional Counseling Varunee Faii Sangganjanavanich, Cynthia Reynolds, 2013-12-30 Organized around the latest CACREP standards Introduction to Professional Counseling integrates key theoretical concepts with discussion of the practical aspects of the field Drawing from their own experiences as counseling practitioners editors Varunee Faii Sangganjanavanich and Cynthia A Reynolds explore what it means to develop a professional counseling identity emphasizing the importance of intentionality and reflection in practice Numerous case studies and practice exercises in this innovative text further personalize the content for developing 21st century counselors Introduction to Professional Counseling is part of the Counseling and Professional Identity Series which targets specific competencies identified by CACREP Council for Accreditation of Counseling and Related Programs The Professional Counselor's Desk Reference, Second Edition Mark A. Stebnicki, Irmo Marini, 2015-08-21 This award winning bestselling reference for professional counselors and graduate students is extensively updated and expanded to encompass critical developments that are immediately relevant to the counseling professions including the 2014 American Counseling Association Code of Ethics CACREP CORE accreditation standards DSM 5 the Affordable Care Act and many other important changes It reflects the ongoing consolidation of a strong identity for professional counselors and the need to address mental health and other counseling concerns amidst marked socio cultural changes The only resource of its kind it is an extremely useful guide for counseling students working toward licensure and certification as well as experienced counselors counselor educators clinical supervisors psychologists and social workers The second edition offers a unique interdisciplinary approach inclusive across all counseling disciplines and features contributions from over 110 highly regarded experts in counselor education research and practice It is based on the core content and knowledge areas outlined by CACREP and CORE accreditation standards and disseminates in 93 chapters both contemporary insight and practical strategies for working with the complexity of real life issues related to assessment diagnosis and treatment of diverse clients New chapters address military and veteran health issues evidence based practice for training counseling transgender individuals partners and families counseling caregivers social justice and so much more In addition to being a quick access resource for all counseling professionals the second edition serves as a concise accessible reference for graduate students preparing for certification and licensure exams It features an expanded comprehensive self exam of over 340 multiple choice items based on the CORE CACREP core content and knowledge areas for counselor education and training New to the Second Edition Updated and expanded discussion of the 2014 ACA Code of Ethics Affordable Care Act and its impact on delivery of mental health services Coverage of DSM 5 Promotes an interdisciplinary approach inclusive across all counseling disciplines Includes an expanded self exam with over 340 study questions for NCE and CPCE prep New chapters on military and veteran mental health issues New chapter on evidence based practices for counseling New chapter on behavioral health and health disparities in the U S

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focus on trauma informed counseling and prompts reflection and dialogue about critical issues in counselor development It introduces specific counseling micro skills techniques and modalities and describes the varied settings in which counselors can practice Engaging activities that foster self analysis and self actualization illuminate the path to becoming a professional counselor Chapters encompass several features that promote high level thinking and reinforce understanding of content These include reflection exercises that relate chapter content to individual counselor identity learning objectives at the beginning of each chapter Voices from the Field to bring counseling to life Call to Action features to help students put learning into action case studies Group Process activities and additional resources Abundant instructor activities include Instructor s Manual Test Bank PowerPoints and recorded video podcasts Key Features Addresses the foundations of counseling through the perspective of multiculturalism advocacy social justice and intersectionality Emphasizes understanding of the individual and collective effect of social issues on clients and their communities Includes recorded interviews with clinical experts and Voices from the Field Weaves the concept of trauma informed counseling throughout Covers such trending topics as telemental health the influence of climate change psychedelic assisted therapies and the effect of social media on counseling and neuroscience Offers engaging self actualization and reflection activities to enhance counselor training Each chapter includes learning objectives Call to Action features Think About This reflection exercises Group Process activities case studies and more Offers an abundant ancillaries package including Instructor s Manual Test Bank chapter PowerPoints and video podcasts

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