


Theories of Counseling and Psychotherapy: An Integrative Approach


By Elsie Jones-Smith



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This breakthrough edition of **Theories of Counseling and Psychotherapy: An Integrative Approach**, by Elsie Jones-Smith, sets a new standard in counseling theories books. The **Second Edition** goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuroscience and neuropsychology, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

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Editorial Review

Review

"Realizing that counseling theory is not the easiest subject for students to grasp, nor the most fun for most students, I have searched for years for a textbook that communicates excitement for theory and also for the value of each theoretical approach for its time in the history of counseling and psychotherapy...In 2011, I found Elsie Jones-Smith's (2011) *Theories of Counseling and Psychotherapy: An Integrative Approach*, and in using it with my students, it has really help bring counseling theories alive for my students. Jones-Smith has revised her textbook with a second edition, and I am even more excited by it than I was by the first edition. The text is both historical in helping students envision the evolution of counseling and psychotherapy, and foundational, for it grounds the reader in each of the recognized approaches to the subject matter...I believe that Jones-Smith's (2014) *Theories of Counseling and Psychotherapy: An Integrative Approach* is the most exciting and engaging counseling theories text available today. It is comprehensive in its coverage of the theories that master's and doctoral level counselors, psychotherapists, and clinical and counseling psychologists should know and understand. It is well written and easily read and assimilated by students. It contains the powerful and engaging tool entitled 'Theoretical Orientation Scale' by Jones-Smith that, if used at the beginning of the theories course, moves students from apprehensive to excited and eager to learn about the theoretical orientations that seem to fit them and those that seem to fit their classmates." (Charles Timothy (Tim) Dickel, Ed.D.)

About the Author

Elsie Jones-Smith is a clinical psychologist, a licensed psychologist, a counselor educator, and the president of the Strengths-Based Institute, which provides consultation to schools and organizations dealing with youth experiencing challenges with violence, lack of a sense of purpose, and drug addiction. She is the developer of two theories in psychology: strengths-based therapy (SBT) and ethnic identity development; an article about this theory was featured as a major contribution to psychological research by *The Counseling Psychologist* in 1985. She is a member of the American Academy of Counseling Psychology, and a fellow in two divisions of the American Psychological Association, including Division 17 Counseling Psychology. She holds dual PhDs in clinical psychology and counselor education. She is the author of *Strengths-Based Therapy: Connecting Theory, Practice, and Skills*; *Spotlighting the Strengths of Every Single Student*; and *Nurturing Nonviolent Children*. Previously a professor at Temple University, Michigan State University, and Boston University, she has served on numerous editorial boards.

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