



The Counseling Process: A Multitheoretical Integrative Approach (Skills, Techniques, & Process)

By *Elizabeth Reynolds Welfel, Lewis E. Patterson*

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This concise introduction to the counseling process elaborates a three-stage model of counseling, including disclosure, exploration, and action planning, and describes the counselor skills, attitudes, and knowledge essential to therapeutic change. The text assumes a multitheoretical and integrative position, introducing ideas from a variety of theoretical perspectives and explaining how each might contribute to the counselor's work. This new edition reflects the authors' view that counselors and clients collaborate as partners to understand the issues the client faces, illuminate their causes, and then establish effective action plans for therapeutic change.

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Review

"Welfel and Patterson have a very comprehensive, well-written, scholarly, accessible introduction to the profession of counseling."

"...Students have reported that the book keeps their interest and flows through the materials in an engaging and logical manner...I believe one of the strengths of this book is the wide range of issues that it addresses...Another strength is the clarity of writing..."

"This book is a clear and concise text on the counseling process written at the upper-division undergraduate or graduate level. It will equip students with valuable skills, techniques, and strategies in counseling."

About the Author

Dr. Elizabeth Reynolds Welfel is a Professor Emeritus of Counselor Education and Counseling Psychology at Cleveland State University (CSU), where she served full time on the faculty for 26 years. Prior to her tenure at CSU she was a member of the counseling faculty at Boston College. She earned her doctorate from the University of Minnesota. She has published and lectured extensively on the ethics of professional practice for mental health professionals throughout her career. She is also the co-author of **THE COUNSELING PROCESS: A MULTITHEORETICAL INTEGRATIVE APPROACH** (with Lewis Patterson), co-editor and co-author of **THE DUTY TO PROTECT: ETHICAL, LEGAL, AND PROFESSIONAL CONSIDERATIONS FOR MENTAL HEALTH PROFESSIONALS** (© 2009, APA Books), and co-author of several other books on ethical and legal issues in practice. She was awarded Cleveland State's Distinguished Faculty Award for her teaching and research in ethics in 2004.

Professor Emeritus Lewis Patterson taught counseling theory, career development, adult development and psychopharmacology at Cleveland State University, where he was director of doctoral studies in the College of Education. Dr. Patterson began his work as a counselor educator while a doctoral student at Pennsylvania State University, and served on the counseling faculty at Boston University before coming to Cleveland.

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