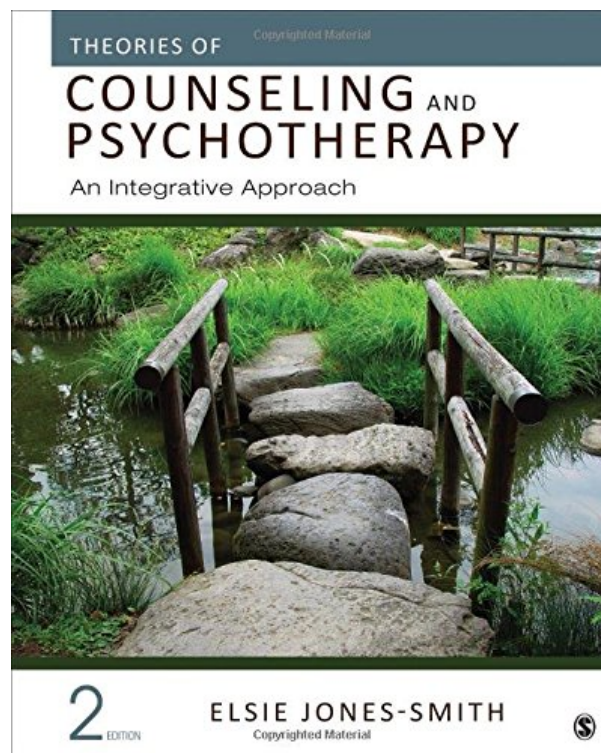


THEORIES OF COUNSELING AND PSYCHOTHERAPY: AN INTEGRATIVE APPROACH BY ELSIE JONES-SMITH



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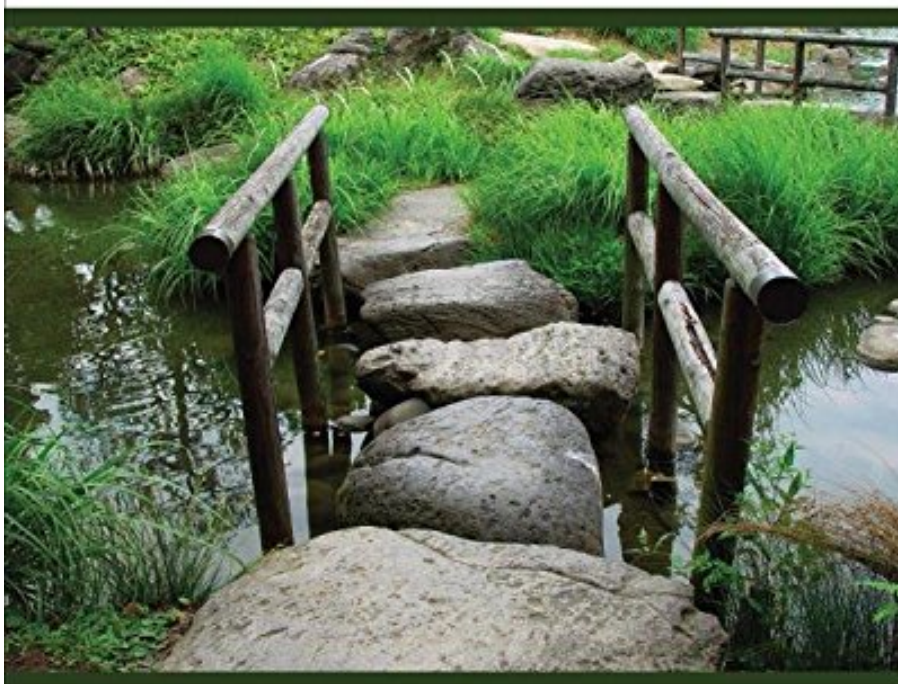


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2
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Review

"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

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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 neuropsychotherapy, 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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nor the most fun for most students

By Tim

As I think back to my preparation to be a counselor and counselor educator, the most interesting course that I took exposed me to the theories of counseling and to the men and women who composed those theories. I really appreciated how the theorists used their keen insights to formulate how this action called “counseling” or “psychotherapy” worked for them. I have been a counselor educator for forty years, and because of that longevity, I had the pleasure early in my career to spend time with John Krumboltz, Carl Thoresen, Carl Rogers, Albert Ellis, William Glasser, and Rollo May. They made their approaches to counseling come alive for me, and in the absence of those individuals in my classroom and on the current counseling scene, I believe it is my job to bring counseling theory alive for my students. 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. In “Part I: The First Force in Psychotherapy: Psychoanalysis and Psychodynamic Theories,” Jones-Smith introduces Freud and the newer forms of psychoanalysis and then moves to a very thorough introduction of the Alderian approach. “Part II: The Second Force in Psychotherapy: Behavioral Therapy and Cognitive Therapy” contains three chapters, “Behavioral Therapy and Integrated Psychopharmacology,” “Cognitive Approaches to Psychotherapy,” and “Reality/Choice Therapy.” These are dynamic chapters for me, and I am particularly gratified that psychopharmacology is included in the text, for it has become the most powerful behavioral approach. Although out of the realm of use by counselors and psychotherapists, professional counselors must know about individual medications and understand the mechanisms of psychoactive drugs.

“Part III: The Third Force in Psychotherapy: Existential and Humanistic Theories” presents chapters on “Existential Therapy,” “Person-Centered Therapy,” “Gestalt Therapy,” “Motivational Interviewing and the Stages of Change Theory,” and “The Expressive Arts Therapies.” The latter two chapters make a significant contribution to counselor education, for they expand the traditional role of the counselor and enable understanding and appreciation of approaches that are practiced but not always by trained professionals. In

“Part IV: The Fourth Force in Psychotherapy: Social Constructivism and Postmodernism,” Jones-Smith moves the reader into much broader thinking about approaches to counseling. There are chapters entitled “Multicultural Psychotherapy Theories,” “Transcultural Psychotherapy: Bridges to Asia, Africa, and the Middle East,” “Feminist Therapy and Lesbian and Gay Therapy,” “Solution-Focused Therapy,” “Narrative Therapy,” “Integrating Spiritual/Religious Issues During Psychotherapy,” “Strengths-Based Therapy,” and “Family Therapy Approaches.” I have used this section in the previous edition to help students pay attention to their clients’ cultural formation and life experiences, for these elements not only enable the counselor to understand the workings of the client but also draw upon strategies that may help the client relate to the counselor. The chapter on “Solution-Focused Therapy” is one that is favored by students, for it is written in a way that enables them to quickly implement this approach in their practice. Finally, Jones-Smith has been an author of previous material on “Strengths-Based Therapy,” and her coverage of this particular chapter is exceptionally strong. The final section of the text is entitled “Part V: The Fifth Force in Psychotherapy: Neuroscience and Theories of Psychotherapy.” Jones-Smith concludes the text with chapters on “Comparing and Contrasting the Theories of Psychotherapy” and “Integrating Psychotherapy: Constructing Your Own Integrative Approach to Therapy,” but she has added a profoundly important chapter on “Neuroscience, Psychotherapy, and Neuropsychotherapy.” The content of this chapter may be over the head of most master’s students in counselor education, but it is still vitally important, for in many ways, it is the foundation for therapy in the decades to come, and it has been missing from the study of counseling theory for a long time. I consider this chapter the most exciting in the text, although this declaration is not intended to detract from the other chapters.

In conclusion, I believe that Jones-Smith’s (2016) *Theories of counseling and psychotherapy: An integrative* 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.
Professor of Education
Director of Counselor Education
Creighton University
Omaha, NE 68178

0 of 0 people found the following review helpful.

I highly recommend, to anyone interested in growing in their mastery ...

By Robert C. Palmer

"Several years ago it was my pleasure to become acquainted with Dr. Elsie Jones-Smith's insightful text **THEORIES OF COUNSELING AND PSYCHOTHERAPY** and having used it repeatedly in teaching graduate level courses for marriage and family therapy students, I've found her work to be a veritable treasure chest packed with delightful discoveries! Not only does Dr. Jones-Smith explore many of the traditional theories of personality, she surprises readers with pleasant and informative explorations of some of the more recent schools, including discussions on "Motivational Interviewing," "Expressive Art Therapies," "Japanese, Chinese, African, Arabian, Approaches to Psychotherapy," etc, as well as very capable presentations on several "post modern" theories, such as "Solution Focused" and "Narrative Therapy" models. In my opinion, Dr. Jones-Smith has done what others have fail to do, by providing students, practitioners and professors, an exhaustive, reader-friendly, well documented manual guiding both the theory and praxis of therapy. Moreover, I'm thrilled that the Second Edition of this Text, now includes

helpful materials on "Neuroscience and Neuropsychotherapy," making the book even more valuable to current readers. In short, I highly recommend, to anyone interested in growing in their mastery and understanding of the human person and the therapeutic arts, Jones-Smith's THEORIES OF COUNSELING AND PSYCHOTHERAPY."

Dr. Robb Palmer LMFT, Clinical Fellow and Approved Supervisor, AAMFT, Professor, Graduate School of Marriage and Family Studies, Evangelical Seminary, Myerstown, Pa.

0 of 0 people found the following review helpful.

Excellent book on psychotherapy and counselign

By Manuel Ramirez III

The scope of this book is impressive and the chapter on multicultural psychotherapy identifies the important issues relating to diversity in mental health.

I am very pleased to recommend it to academicians, students and mental health professionals.

Manuel Ramirez III, Ph.D.

Professor of Psychology

University of Texas at Austin

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