



## Introduction to Therapeutic Counseling: Voices from the Field (with InfoTrac)

*By Jeffrey A. Kottler*

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This text provides students with an overview of the counseling profession, including information on what counseling is, the history of counseling, theoretical orientations, counseling applications and professional issues. The text's unique student-oriented focus engages students in exploring their motives for wanting to be a counselor. To help students learn about the realities of the field, Kottler includes "Voices from the Field" sections, which contain interviews with practicing counselors discussing the challenges they've faced and the ways they resolved those challenges. Experiential and reflective exercises, integrated into every chapter, help the student reflect on the material.

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### **Editorial Review**

#### **Review**

"I think Kottler has the market on the essence of what a true therapeutic relationship is! I appreciate how he challenges the reader to look at self, and how the self can be the instrument of change for the client."

"I have used this text with success for the past five years. It serves as an excellent beginning counseling text."

"Lively writing and an interesting look at daily work in a variety of helping professions."

#### **About the Author**

Jeffrey A. Kottler, Ph.D., is Professor in the Counseling Department at California State University, Fullerton, and one of the foremost authorities and prolific writers in the fields of counseling, psychology, and education. He is the best-selling author of more than 80 nonfiction books that deal with a wide range of subjects including personal development, group leadership, professional development of psychotherapists and teachers, social justice, true crime, and a variety of contemporary issues related to helping and healing, truth and lies, creativity, transformative travel, and stress management. In addition to his private practice, Jeffrey has worked as a teacher, counselor, and therapist in preschool, middle school, mental health center, crisis center, university, and community college settings. He has served as a Fulbright Scholar and Senior Lecturer in Peru and Iceland, teaching counseling theory and practice. He has also served as a visiting professor in New Zealand, Australia, Hong Kong, Nepal, and other countries. In addition, Jeffrey is President of Empower Nepali Girls, a foundation that provides scholarships for at-risk children in Nepal.

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