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important in the overall process of developing your theoretical orientation. 1. Find yourself. 2. Articulate your values.

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Theoretical orientation is important for both the counselor and the client. Every mind is different, and everyone responds differently to different forms of therapy. A counselor may be good with one form of therapy, but not so great with the other. On the other hand, a client may not care for one therapy but will respond greatly to another.

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Appropriate for mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers, *Developing Your Theoretical Orientation in Counseling and Psychotherapy* helps readers find a theoretical orientation aligned with their personal values and worldview. Theories are presented in the text in a way that allows

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A theoretical orientation is a counselor ' s philosophy about how problems develop and how these are resolved or treated. It also informs the counselor ' s focus in each counseling session, goals of counseling, and interventions you will experience in counseling sessions. Below are a few examples of theoretical orientations and how they shape counseling.

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counseling develop your theoretical orientation to the counseling process and identify how this approach compares to cognitive

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behavioral theory since its inception nearly fifty years ago cognitive behavioral therapy cbt has become recognized as perhaps the most effective therapeutic approach indeed cbt has myriad uses and is applied in a number of situations including depression

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