



# Cognitive Behavioral Approaches for Counselors (Theories for Counselors)

*Diane J. (Joyce) Shea*

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Written from the common factors perspective, **Cognitive Behavioral Approaches for Counselors** by Diane Shea is a scholarly yet engaging book that introduces the historical development, process, evaluation, and application methods of Albert Ellis' Rational Emotive Behavior Therapy (REBT) and Aaron Beck's Cognitive Behavioral Therapy (CBT). To help counselors in training apply cognitive behavioral theories to practice, the book offers specific suggestions for how a culturally competent, contemporary proponent of REBT/CBT could integrate multicultural adaptations into his or her counseling practice, provides transcripts of actual client sessions, and presents a case study that uses REBT and CBT in treatment. **Cognitive Behavioral Approaches for Counselors** is part of the SAGE *Theories for Counselors Series* that includes *Psychoanalytic Approaches for Counselors*, by Frederick Redekop, and *Person-Centered Approaches for Counselors*, by Jeffrey H. D. Cornelius-White.

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