



# Theory and Design in Counseling and Psychotherapy, 2nd Edition

By Susan X Day

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This introduction to theories of counseling and psychotherapy relates major schools of thought to everyday practice in the helping professions. Theory and Design in Counseling and Psychotherapy has been praised for its student-friendly writing style, modern approach to theories, and use of vivid examples and excerpts to illustrate concepts.

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## **Theory and Design in Counseling and Psychotherapy, 2nd Edition** By Susan X Day Bibliography

- Sales Rank: #166103 in Books
- Brand: Brand: Houghton Mifflin
- Published on: 2007-01-22
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 7.75" w x 1.00" l, 2.23 pounds
- Binding: Hardcover
- 556 pages

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