



Favorite Counseling And Therapy Techniques: 51 Therapists Share Their Most Creative Strategies

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In this exciting book, some of the finest therapists in the world reveal their favorite techniques. Albert Ellis, the father of Rational-Emotive Behavior Therapy, explains how he uses a tape recorder to help clients vigorously dispute irrational thinking. Arnold Lazarus, the creator of Multimodal Therapy, shows how he implements his innovative Time Tripping Technique for rapidly dispelling emotional distress. Imagine learning from William Glasser, the founder of Reality Therapy, how to integrate Choice Theory to become a more effective therapist. Noted psychotherapy expert Raymond Corsini, uses his highly creative turning the tables on the client to make clients think like a counselor. Allen E. Ivey, pioneer in the area of microcounseling attending skills, makes sessions more productive by using his community genogram. Cognitive therapy specialist Judy Beck uses her Core Belief Worksheet to eliminate cognitive distortions. Editor/Contributor and Encyclopedia of Counseling author Howard Rosenthal uses olfactory post hypnotic suggestions to eliminate undesirable habits or ward off panic attacks. And there are more than forty other creative strategies that can be used to improve counseling and therapy sessions right now!

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