



# Developing Your Theoretical Orientation in Counseling and Psychotherapy

*Kimberly Vess Halbur, Duane A. Halbur*

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**Developing Your Theoretical Orientation in Counseling and Psychotherapy** Kimberly Vess Halbur , Duane A. Halbur

This guide is designed to assist therapists in training--mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers--in the process of finding a theoretical orientation congruent with their own personal values. In it, readers get a look at the theory and practices involved in the process; a concise, helpful reminder/overview of the major theories of counseling; and specific learning activities, reflection questions, and case examples interspersed throughout. Unique to this book are the authors' Intentional Theory Selection (ITS) model, a contemporary model for selecting a theoretical orientation congruent with one's personal values, and the Selective Theory Sorter-Revised (STS-R), a survey for discovering which research theories a counselor might endorse. Updated throughout, the Third Edition focuses on assisting clinicians further in finding their theoretical orientation in a diverse society while enjoying the self-exploration process. The authors have presented the ITS model and the STS-R at many professional conferences, incorporating the feedback into the new edition.

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### **Amber says**

This is a very handy little book that tells about the theoretical orientations in counseling and how they are used and applied. It also cleared up some questions I had in previous classes. I recommend this book to help in discovering your own theory for your future practice or what have you. Glad that this was recommended to buy in my Master's level class.

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