Contents

Foreword *xiii*
Preface *xvi*
About the Authors *xvii*

1 What Is Counseling Psychology? 1

2 How Counseling Psychologists Promote Human Strengths and Flourishing 14

3 Cultural Context in Counseling Psychology Practice 30

4 A Counseling Psychology Approach to Wellness across the Lifespan 48

5 The Role of Work in People's Lives 63

6 Theories and Approaches in Counseling Psychology 80

7 Key Skills for Counseling Psychologists 97

8 Counseling Psychology Processes and Outcomes: What Works? 114

9 Assessment in Counseling Psychology 131

10 Common Research Methods That Counseling Psychologists Use 149

11 Shades of Gray: Ethics in Counseling Psychology 165

12 The Person as a Therapist: Use of the Self in Counseling Psychology 179

13 Counseling Psychologists as Leaders and Advocates 193

14 Counseling Psychology Applied to Special Settings 207

15 So, You Want to Be a Counseling Psychologist? 221

Acknowledgments *237*
Index *239*