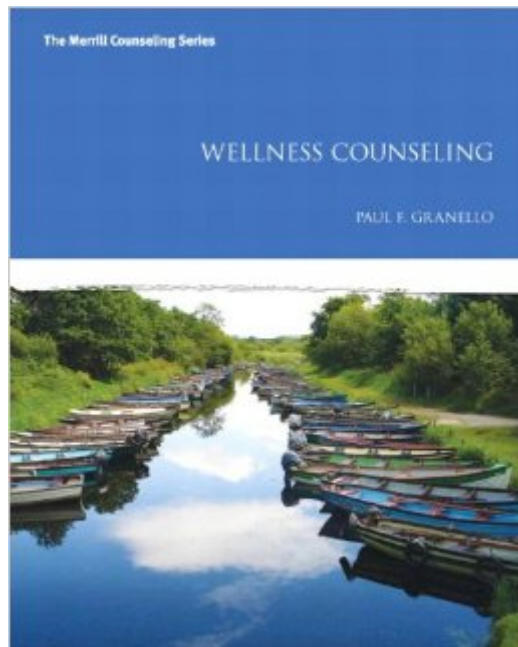


The book was found

Wellness Counseling



Synopsis

Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers â€” making both teaching and learning the material easier and more intuitive. Â Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive â€” especially of the psychological and social aspects of wellness that have gained more attention in recent years. Â The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness.Â The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

Book Information

Paperback: 240 pages

Publisher: Pearson; 1 edition (February 5, 2012)

Language: English

ISBN-10: 013299657X

ISBN-13: 978-0132996570

Product Dimensions: 7.2 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #419,811 in Books (See Top 100 in Books) #60 inÂ Books > Education & Teaching > Schools & Teaching > Counseling > Crisis Management #535 inÂ Books > Textbooks > Education > Counseling #1966 inÂ Books > Education & Teaching > Schools & Teaching > Certification & Development

Customer Reviews

Good abridged information. Some typos which is irritating! Serves the purpose though.

I actually do like this book although it is a little dated at this point. Regardless though, I think the research is timeless and useful for anyone interested in wellness counseling.

As a text book (my case) it's okay. Unfortunately, this book is outdated for 2015. I realize writing a text book takes time, and change is always in place, but the supporting data is outdated. This leaves me to wonder how valid the information is today. The Affordable Health Care Act made major changes in the Contextual Dimensions and this book is too outdated. Granted it was published in 2012, but significant changes have occurred since then.

[Download to continue reading...](#)

Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Wellness Counseling When Faith is Tested (Creative Pastoral Care and Counseling) (Creative Pastoral Care & Counseling) Counseling And AIDS (Resources for Christian Counseling) Insider's Guide to Graduate Programs in Clinical and Counseling Psychology (Insider's Guide to Graduate Programs in Clinical & Counseling Psychology) Substance Abuse Counseling: Theory and Practice (5th Edition) (Merrill Counseling (Paperback)) Ethical, Legal, and Professional Issues in Counseling (4th Edition) (Merrill Counseling (Paperback)) Foundations for Clinical Mental Health Counseling: An Introduction to the Profession (The Merrill Counseling) The Elements of Counseling (HSE 125 Counseling) Encyclopedia of Counseling: Master Review and Tutorial for the National Counselor Examination, State Counseling Exams, and the Counselor Preparation Comprehensive Examination Career Information, Career Counseling, and Career Development (10th Edition) (Merrill Counseling) Multicultural Counseling Competencies: Individual and Organizational Development (Multicultural Aspects of Counseling And Psychotherapy) Integrating Spirituality into Multicultural Counseling (Multicultural Aspects of Counseling And Psychotherapy) Health, Wellness, and Physical Fitness, Grades 5 - 8 The Essential Ayurvedic Cookbook: 200 Recipes for Wellness Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Avocado Smoothie Recipes for Holistic Health and Wellness Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Blend Your Way to Wellness: Nutribullet Recipe Book for Weight Loss, Detox Cleanse, Anti-Aging, Skin Care, Superfoods, Healing and Exercise (Nutribullet ... Juicing, Weight Loss, Cookbook, Smoothies)

