

Librería
Bonilla y Asociados
desde 1950



Título: Counselling. Theory And Process

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Precio: \$1386.00

Editorial:

Año: 1994

Tema:

Edición: 5^a

Sinopsis

ISBN: 9780205148196

Major theories of counseling are presented in historical context reflecting the developments in psychodynamic theory, existential and humanist ideas and the evolution of cognitive/behavioral ideas. Following the coverage of theory, the authors apply the theories to practice, providing an integrated examination of the process. Any course focusing on theory and/or the process and procedures of counseling.