In memory of

Edna May Thompson
and
Carol Lynn Halbur,

who gave us much love and many of our theories about life
and helped us to pass them along to our children,

Dominic Anthony Halbur
and

Carolyn Maye Halbur
We first wrote *Developing Your Theoretical Orientation in Counseling and Psychotherapy* with the objective of assisting other helping professionals in finding their theoretical orientation more easily than we did. We realize that the term helping professionals may seem generic, but we use it in an effort to include helpers who work with diverse populations in a wide array of fields. Specifically, we are speaking to mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers. This fourth edition attempts to assist clinicians further in finding their theoretical orientation in a diverse society while enjoying the process of self-exploration. The theories are presented in a way that allows the reader to identify quickly the philosophical and cultural foundations of the theories while accessing the goals and techniques of the theories. New to this edition is the presentation of several pertinent techniques that are currently impacting the field of counseling that, however, do not stand alone as comprehensive theories.

Because the work of helping professionals needs to be grounded in theory, this text features an innovative model for selecting a theoretical orientation, as well as hands-on activities to assist readers in their quest for a theoretical approach to helping. Learning activities, reflection questions, and case studies are included throughout the text, with several featured prominently in Chapter 5. These activities have been updated to demonstrate traditional and contemporary theories as well as multicultural perspectives so important to the helping fields.

The Intentional Theory Selection (ITS) model is a contemporary model for selecting a theoretical orientation. This model can assist helpers in finding a theory that is congruent with their personal values. We also acknowledge that the selection of a theoretical orientation may be quite cyclical. Just as in life, change in theoretical orientation is constant and inevitable. Thus, a professional helper may revisit the model many times throughout his or her career.

This text may also serve as a reminder or overview of the foremost helping theories and their respective schools of thought. We provide readers with a reminder of the basic philosophies, goals, and techniques of the major theories of counseling. We hope this text offers just enough information to remind professional helpers of what they already know while enticing them to seek out and learn more about a presented theory.

In addition to a summary of selected counseling theories, students and counselors will be exposed to 10 applied ways, several new to this edition, to aid in the self-discovery process. This self-discovery will begin the readers’ processes of intentionally finding a theoretical orientation that is congruent with their own worldview, beliefs, and values. The Selective Theory Sorter–Revised (STS–R) is a survey that was
developed to help students and counselors discover which researched theories they might endorse. This sorter, more important in self-discovery than in assessment, is one of several tools that will be offered to readers while they are in the process of finding their own theoretical orientation.

We hope that readers find the material and the ITS model refreshing and at the same time meaningful. Those in the helping professions know, through research and observation, that theory is important. Many innovators, researchers, and clinicians have dedicated their research and life work to finding techniques and philosophies that can best serve our clientele. We owe so much to these pioneers who have helped us to be effective and ethical in the work we do.

The helping professions are truly important to a developing society. Helping professionals have the opportunity to prevent and remediate when they serve in a field that makes its daily impact by improving the lives of others. As you work on your own professional identity and struggles, remember that this opportunity is both a blessing and a responsibility. In this text, as in many endeavors in your professional life, you will be asked to look inward—as professionals, we ask this of clients; as authors, we ask this of you. Take this opportunity to challenge yourself and grow.

We have presented the ITS model and the STS–R at many professional conferences and have greatly appreciated the feedback and the anticipation for this project to be in print for a fourth time. We continue to receive emails and phone calls from faculty members who have adopted the text and their students who have enjoyed using it. The interest we have received professionally has served as a muse and motivation for us to improve and update it in this fourth edition.

NEW TO THIS EDITION

The fourth edition of Developing Your Theoretical Orientation in Counseling and Psychotherapy offers the following new elements:

- Consideration of the application of technology to the delivery of theoretically based counseling
- A deeper discussion of the implications of empirically validated treatments
- A contemporary review of implications of common-factor approaches to counseling
- An offering of techniques that are important to the field of contemporary counseling, yet not included in the major theories
- An increased presentation of the implications of various theories in a multicultural field
- Updated material that readers will find relevant to Counseling for Accreditation of Counseling and Related Educational Programs (CACREP) 2016 Standards
- Updated websites related to theories and theoretical training to allow readers quick access to more information
- An inclusion of strengths-based and resilience-based practices
- Updated cases to assist readers through the process of choosing their theoretical orientation
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PREFACE

ABOUT THE AUTHORS

Dr. Duane Halbur’s research interests include the needs of school counselors, philosophical counseling, and the integration of technology in counseling. Along with teaching and writing, he works as a licensed counselor in a community agency specializing in children and families. Dr. Kimberly Vess Halbur’s research includes cultural competencies for the helping professions and medical fields.

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