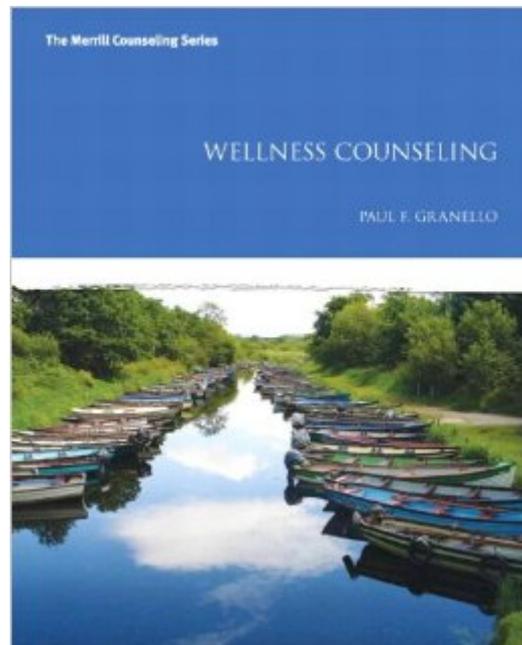


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# Wellness Counseling



## 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 — making both teaching and learning the material easier and more intuitive. — 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 — especially of the psychological and social aspects of wellness that have gained more attention in recent years. — 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. — 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

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## 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 Unfortunately, this book is outdated for 2015. I realize writing a text book takes time, and change is always in place, but the supporting data is outdated.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 The Affordable Health Care Act made major changes in the Contextual Dimensions and this book is too outdated.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.

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