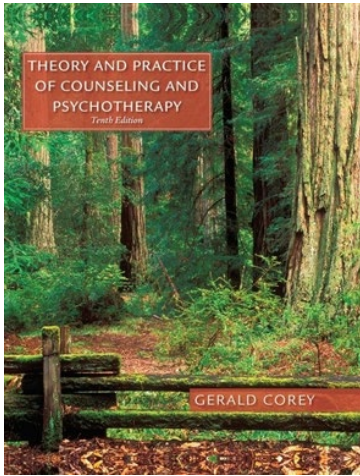


MindTap Quick Start Guide

Theory and Practice of Counseling and Psychotherapy 10th Edition
Gerald Corey



Incorporating the thinking, feeling, and behaving dimensions of human experience, the tenth edition of Corey's best-selling book helps students compare and contrast the therapeutic models expressed in counseling theories. Corey introduces students to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, postmodern, and integrative approaches) and demonstrates how each theory can be applied to two cases ("Stan" and "Gwen"). With his trademark style, he shows students how to apply theories in practice, and helps them learn to integrate the theories into an individualized counseling style.

3 Key Features

Activity	Where to find it – an example	What is it	Why it matters
Case of Stan videos	<ol style="list-style-type: none"> PART 1: BASIC ISSUES IN COUNSELING PRACTICE Chapter 1: Introduction and Overview How do I practice what I've learned? Chapter 1 Video Activity: Case of Stan, Introduction and Overview 	<p>Case of Stan videos Students watch a counseling role play video featuring Dr. Corey and Stan. The video surrounds the main theory of the chapter. Students are asked to respond to brief, open-ended questions regarding the theory presented in the video.</p>	Students observe concrete examples of theories in action. The role plays and associated questions help students make multiple connections about the chapter's content. Through these role plays, students are also provided an opportunity for reflection and can begin to build foundational understanding of the theory presented in the chapter.
Helper Studio exercises	<ol style="list-style-type: none"> PART 2: THEORIES AND TECHNIQUES OF COUNSELING Chapter 4: Psychoanalytic Therapy How do I practice what I've learned? Chapter 4 Helper Studio: Case of Ruth, Psychoanalytic Therapy 	<p>Helper Studio exercises Students watch a role play and are asked to video record and upload their response to their client. They then answer associated reflection questions.</p>	Students are able to elevate thinking through discussion questions and practice their skills.
Video Activities with Dr Corey	<ol style="list-style-type: none"> Additional Resources Lecturettes Chapter 15 Lecturette & Questions: An Integrative Perspective 	<p>Video Activities with Dr Corey Author, Dr. Corey introduces each chapter's main content through these mini video lectures with accompanying questions.</p>	Students can watch a mini lecture of the chapter content. The lecturette and associated questions help chapter's content. Students are reminded of the chapter's main concepts and theories. students make multiple connections about the

Corey, *Theory and Practice of Counseling and Psychotherapy*, 10e 2017
MindTap Asset Description

Activity	How many?	What is it?	Seat time?	Why it matters?
Why am I here? Self-Inventory Activity	15	Prior to reading, students take a brief self-inventory that allows them to evaluate their existing attitudes and beliefs regarding the therapeutic approach presented in the chapter.	5 minutes	Students begin to think about their perceptions and opinions surrounding the chapter topics and themes.
What am I learning? Quiz	14	A multiple-choice quiz that asks students to apply what they read in each chapter. Designed to be completed before class discussion.	20 minutes after reading	Students who take a pre-lecture quiz after reading can improve their course grade by 15% (Daniel & Brouda, 2004).
Video Activity and Video Activity: The Case of Stan	15	Students watch a counseling role play video featuring Dr. Corey and Stan. The video surrounds the main theory of the chapter. Students are asked to respond to brief, open-ended questions regarding the theory presented in the video.	15 minutes (+ video viewing time)	Students observe concrete examples of theories in action. The role plays and associated questions help students make multiple connections about the chapter's content. Through these role plays, students are also provided an opportunity for reflection and can begin to build foundational understanding of the theory presented in the chapter.

Case Study	14	Students are asked to read a case study relating to the chapter content and answer questions.	15 minutes	Students are able to practice using multiple theories and real-world examples.
Case Study: You Decide the Case of Gwen	11	In this branching question, students are asked to react to their client, Gwen, using the counseling theory presented in the chapter.	15 minutes	Students are able to practice their responses to clients using multiple theories and real-world examples. This practice allows students to begin to understand the nuances of each theoretical approach.
Helper Studio and Helper Studio: The Case of Ruth	14	Students watch a role play and are asked to video record and upload their response to their client. They then answer associated reflection questions.	20 minutes	Students are able to elevate thinking through discussion questions and practice their skills.
What does this mean to me? Reflection Activity	14	Students reflect on how the counseling theories covered in the chapters apply to their own life and practice after developing a deeper understanding of the material in the chapter.	15 minutes	Ensures that students are given the opportunity to reflect on the chapter content and apply their own thoughts and opinions as they think about their future role in the helping professions.
Additional Resources: Lecturette & Questions	15	Author, Dr. Corey introduces each chapter's main content through these mini video lectures with accompanying questions.	20 minutes (+ video viewing time)	Students are able to listen to a mini lecture of the chapter content as presented by the author. The lecturette and associated questions help students make multiple connections about the

				chapter's content. Through these lecturettes, students are reminded of the chapter's main concepts and theories.
Additional Resources: Interview with an Expert or Video Interview with an Expert	10	Experts representing various theories of counseling were asked to identify three questions they are often asked about their respective theory. The experts then provide answers to these questions either through written text or a brief video. Students are then given questions to reflect upon and discuss.	20 minutes	Students are able to either read about or listen to common myths and questions regarding the theories presented in the chapter. This ensures students are given the opportunity to reflect on the chapter's theory and apply their own thoughts and opinions as they learn from respected professionals in the field.
Additional Resources: Activities	14	Additional activities related to chapter themes is presented along with questions.	15 minutes	Students are able to practice chapter theories through real-world examples.

Topic/Chapter	MindTap Assignments	Points
Chapter 1 Introduction and Overview	Why am I here? Self-Inventory Activity	10
	Video Quiz: Case of Stan, Introduction and Overview	20
Chapter 2 The Counselor: Person and Professional	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Understanding and Addressing Diversity	20
	Exercise: Values	20
	Case Study: Counseling & Spirituality	20
	Helper Studio: Multicultural Issues	20
Chapter 3 Ethical Issues in Counseling Practice	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Gift Giving, The Vase	20
	Case Study: The Case of Nico	20
	Case Study: The Case of Matt	20
	Helper Studio: Keeping Confidence, Suicide	20
Chapter 4 Psychoanalytic Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Psychoanalytic Therapy	20
	Case Study: Psychoanalytic Therapy	20
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Psychoanalytic Therapy	20
Chapter 5 Adlerian Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Adlerian Therapy	20
	Case Study: Adlerian Therapy	20
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Adlerian Therapy	20
Chapter 6 Existential Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Existential Therapy	20
	Case Study: Existential Therapy	20
	Case Study: You Decide on the Case of Gwen	20

	Helper Studio: Case of Ruth, Existential Therapy	20
	What does this mean to me? Reflection Activity	15
Chapter 7 Person-Centered Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Person-Centered Therapy	20
	Case Study: Person-Centered Therapy	20
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Person-Centered Therapy	20
	What does this mean to me? Reflection Activity	15
Chapter 8 Gestalt Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Gestalt Therapy	20
	Case Study: Gestalt Therapy	20
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Gestalt Therapy	20
	What does this mean to me? Reflection Activity	15
Chapter 9 Behavior Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Behavior Therapy	20
	Case Study: Behavior Therapy	20
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Behavior Therapy	20
	What does this mean to me? Reflection Activity	15
Chapter 10 Cognitive Behavior Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Cognitive Behavior Therapy	20
	Case Study: Cognitive Behavior Therapy	20
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Cognitive Behavior Therapy	20
	What does this mean to me? Reflection Activity	15
Chapter 11 Choice Theory/Reality Therapy	Why am I here? Self-Inventory Activity	10
	What am I learning? Quiz	15
	Video Activity: Case of Stan, Choice Theory/Reality Therapy	20
	Case Study: Choice Theory/Reality Therapy	
	Case Study: You Decide on the Case of Gwen	20
	Helper Studio: Case of Ruth, Choice Theory/Reality Therapy	20
	What does this mean to me? Reflection Activity	20

		15
Chapter 12 Feminist Therapy	Why am I here? Self-Inventory Activity What am I learning? Quiz Video Activity: Case of Stan, Feminist Therapy Case Study: Feminist Therapy Case Study: You Decide on the Case of Gwen Helper Studio: Case of Ruth, Feminist Therapy What does this mean to me? Reflection Activity	10 15 20 20 20 20 15
Chapter 13 Postmodern Approaches	Why am I here? Self-Inventory Activity What am I learning? Quiz Video Activity: Case of Stan, Narrative Therapy Video Activity: Case of Stan, Solution-Focused Brief Therapy Case Study: Postmodern Approaches Helper Studio: Case of Ruth, Postmodern Approaches What does this mean to me? Reflection Activity	10 15 20 20 20 20 15
Chapter 14 Family Systems Therapy	Why am I here? Self-Inventory Activity What am I learning? Quiz Case Study: Family Systems Therapy Case Study: You Decide on the Case of Gwen Helper Studio: Case of Ruth, Family Systems Therapy What does this mean to me? Reflection Activity	10 15 20 20 20 15
Chapter 15 An Integrative Perspective	Why am I here? Pre-Reflection Activity What am I learning? Quiz Video Activity: Case of Stan, An Integrative Perspective Case Study: You Decide on the Case of Gwen Helper Studio: Case of Ruth, An Integrative Perspective What does this mean to me? Reflection Activity	10 15 20 20 20 15
Chapter 16 Case Illustration: An Integrative Approach in Working with Stan	(reading only, no additional activities)	
Chapter 17 Transactional Analysis	(reading only, no additional activities)	

Additional Resources: Interview with an Expert and Video Interview with an Expert	Chapter 4 Video Interview with an Expert: Psychoanalytic Therapy	20
	Chapter 5 Interview with an Expert: Adlerian Therapy	20
	Chapter 6 Video Interview with an Expert: Existential Therapy	20
	Chapter 7 Interview with an Expert: Person-Centered Therapy	20
	Chapter 8 Video Interview with an Expert: Gestalt Therapy	20
	Chapter 9 Interview with an Expert: Behavior Therapy	20
	Chapter 10 Interview with an Expert: Cognitive Behavior Therapy	20
	Chapter 11 Interview with an Expert: Choice Theory/Reality Therapy	20
	Chapter 12 Interview with an Expert: Feminist Therapy	20
	Chapter 13 Video Interview with an Expert: Solution Focused Brief Therapy	20
	Chapter 13 Video Interview with an Expert: Narrative Therapy	20
	Chapter 14 Interview with an Expert: Family Systems Therapy	20
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		20
Additional Resources: Lecturette & Questions	Chapter 1 Lecturette & Questions: Introduction and Overview	20
	Chapter 2 Lecturette & Questions: The Counselor: Person and Professional	20
	Chapter 3 Lecturette & Questions: Ethical Issues in Counseling Practice	20
	Chapter 4 Lecturette & Questions: Psychoanalytic Therapy	20
	Chapter 5 Lecturette & Questions: Adlerian Therapy	20
	Chapter 6 Lecturette & Questions: Existential Therapy	20
	Chapter 7 Lecturette & Questions: Person-Centered Therapy	20
	Chapter 8 Lecturette & Questions: Gestalt Therapy	20
	Chapter 9 Lecturette & Questions: Behavior Therapy	20
	Chapter 10 Lecturette & Questions: Cognitive Behavior Therapy	20
	Chapter 11 Lecturette & Questions: Choice Theory/Reality Therapy	20
	Chapter 12 Lecturette & Questions: Feminist Therapy	20
	Chapter 13 Lecturette & Questions: Postmodern Approaches	20

	Chapter 14 Lecturette & Questions: Family Systems Therapy	20
	Chapter 15 Lecturette & Questions: An Integrative Perspective	20
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Additional Resources: Activities	Chapter 3 Exercise: Diversity	20
	Chapter 3 Helper Studio: Multiple Relationships	20
	Chapter 5 Stop and Reflect Case Study 2: Adlerian Therapy	20
	Chapter 6 Stop and Reflect Case Study 2: Existential Therapy	20
	Chapter 7 Stop and Reflect Case Study 2: Person-Centered Therapy	20
	Chapter 8 Stop and Reflect Case Study 2: Gestalt Therapy	20
	Chapter 9 Stop and Reflect Case Study 2: Behavior Therapy	20
	Chapter 9 Stop and Reflect Case Study 3: Behavior Therapy	20
	Chapter 10 Stop and Reflect Case Study 2: Cognitive Behavior Therapy	20
	Chapter 11 Stop and Reflect Case Study 2: Choice Theory/Reality Therapy	20
	Chapter 12 Stop and Reflect Case Study 2: Feminist Therapy	20
	Chapter 12 Stop and Reflect Case Study 3: Feminist Therapy	20
	Chapter 13 Stop and Reflect Case Study 2: Postmodern Approaches	20
Chapter 13 Case Study: You Decide on the Case of Gwen, Postmodern Approaches	20	
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Total		2,490