

Case Book of Brief Psychotherapy with College Students

By Leighton Whitaker, Stewart Cooper, James Archer Jr

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Short-term therapy doesn't have to be second-best! This valuable book explores a variety of brief therapy approaches with young adults between 17 and 25. Each case discussion thoroughly covers the salient points of the client, the problem, and the treatment, as well as segments of the treatment transcripts that illustrate the critical aspects of the counseling. A post-hoc question-and-answer section explores alternative ways the therapist could have handled the client and allows in-depth examination of successful treatment approaches. Case Book of Brief Psychotherapy with College Students offers constructive suggestions for dealing with common presenting problems, including:

- depression
 - individuation issues
 - PTSD
 - impulse control in mandated psychotherapy
 - cult membership
 - post-rape trauma
 - bereavement issues
- With comprehensive references and a fascinating variety of presenting problems, Case Book of Brief Psychotherapy with College Students is a helpful resource for any psychologist, social worker, or therapist whose clients include young adults.

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About the Author

Whitaker, Adjunct Clinical Professor, Institute for Graduate Clinical Psychology, Widener University, Chester, Pennsylvania.

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