

edge counseling and wellness

Edge Counseling and Wellness: Finding Your Balance and Breakthrough

Feeling overwhelmed? Stuck in a rut? Like you're teetering on the edge, unsure of how to move forward? You're not alone. Many people experience moments (or extended periods) where life feels incredibly challenging. This post dives deep into the world of Edge Counseling and Wellness, explaining what it is, how it can help, and what to expect from this unique approach to mental and emotional well-being. We'll explore the core principles, benefits, and the process involved, equipping you with the knowledge to determine if it's the right fit for your journey.

What is Edge Counseling and Wellness?

Edge Counseling and Wellness isn't just another therapy approach; it's a philosophy centered around helping individuals navigate life's challenging transitions and crises. It acknowledges that sometimes, we find ourselves on the "edge"—a precipice of change, uncertainty, or profound emotional distress. Instead of shying away from these difficult emotions and experiences, Edge Counseling embraces them as opportunities for growth and transformation. It's about understanding the complexities of your inner world and developing the resilience to not just survive, but thrive in the face of adversity.

This approach often incorporates a holistic perspective, recognizing the interconnectedness of mind, body, and spirit. It may draw from various therapeutic modalities, adapting its techniques to meet the unique needs of each individual. This might involve aspects of cognitive behavioral therapy (CBT), mindfulness practices, somatic experiencing, or other evidence-based approaches, tailored specifically to your situation.

The Core Principles of Edge Counseling and Wellness

Several key principles underpin Edge Counseling and Wellness:

Embracing Vulnerability: This approach acknowledges the importance of facing difficult emotions head-on rather than avoiding or suppressing them. It recognizes that vulnerability is not a weakness, but a pathway to deeper self-understanding and connection.

Acceptance and Self-Compassion: Edge Counseling emphasizes self-acceptance, recognizing that imperfections and struggles are part of the human experience. It fosters self-compassion, allowing you to treat yourself with kindness and understanding during challenging times.

Focus on Strengths and Resilience: While acknowledging difficulties, this approach also highlights your inherent strengths and resilience. The goal isn't just to alleviate suffering but to build upon existing capacities to navigate future challenges.

Holistic Approach: Mind, body, and spirit are interconnected. This means addressing emotional well-being might involve exploring physical health, spiritual practices, or lifestyle changes to support overall balance.

Personalized Treatment: There's no one-size-fits-all approach. Edge Counseling is tailored to meet your specific needs, goals, and circumstances.

Who Can Benefit from Edge Counseling and Wellness?

Edge Counseling and Wellness can be beneficial for a wide range of individuals facing various challenges, including:

Individuals experiencing significant life transitions: Job loss, relationship changes, relocation, or major life events can leave individuals feeling lost and overwhelmed.

Those struggling with anxiety, depression, or trauma: Edge Counseling provides a safe and supportive space to process these challenging experiences.

People seeking personal growth and self-discovery: Even without specific mental health challenges, many individuals seek this approach to enhance self-awareness and develop greater emotional intelligence.

Individuals facing chronic illness or disability: This approach can help individuals cope with the emotional and psychological impact of chronic conditions.

Those seeking a more holistic approach to well-being: If you believe in the interconnectedness of mind, body, and spirit, this philosophy may resonate strongly with your beliefs.

The Edge Counseling and Wellness Process

The process typically begins with an initial consultation to discuss your goals, concerns, and background. Your therapist will work collaboratively with you to develop a personalized treatment plan. This plan might involve individual therapy sessions, group therapy, workshops, or other complementary modalities. Throughout the process, your therapist will provide guidance, support, and tools to help you navigate your challenges and achieve your desired outcomes. Regular check-ins and adjustments to the treatment plan ensure it continues to meet your evolving needs.

Finding an Edge Counseling and Wellness Practitioner

Finding the right therapist is crucial. Look for practitioners who clearly articulate their approach to counseling and highlight their experience with techniques aligned with the Edge Counseling philosophy. You can search online directories, consult your physician or psychiatrist, or ask for referrals

from trusted sources. Remember to interview potential therapists to ensure a good fit based on your comfort level, their approach, and their compatibility with your personal values.

Conclusion

Edge Counseling and Wellness offers a unique and powerful approach to supporting individuals facing life's inevitable challenges. By embracing vulnerability, fostering self-compassion, and utilizing a holistic perspective, this method empowers individuals to not just survive difficult times but to thrive and discover deeper resilience. If you're feeling overwhelmed or on the edge, consider exploring this path towards greater well-being and personal growth. Remember, seeking professional help is a sign of strength, not weakness.

FAQs

1. Is Edge Counseling and Wellness covered by insurance? Coverage varies depending on your insurance plan and the specific services provided. It's best to contact your insurance provider directly to inquire about coverage for mental health services and the therapist's participation in your network.
1. How long does Edge Counseling and Wellness typically take? The duration of treatment is individualized and depends on your specific needs and goals. Some individuals may benefit from short-term therapy, while others may require longer-term support.
1. What is the difference between Edge Counseling and traditional therapy? While both aim to improve mental well-being, Edge Counseling emphasizes a holistic perspective and embraces challenging emotions as opportunities for growth, often incorporating a wider range of techniques than traditional approaches might.
1. Does Edge Counseling and Wellness involve medication? While Edge Counseling doesn't prescribe medication, it often collaborates with medical professionals if medication is deemed necessary as part of a comprehensive treatment plan.

1. Is Edge Counseling and Wellness suitable for children and adolescents? While the core principles are applicable across ages, adaptations would be made to suit the developmental stage and needs of younger clients. Look for practitioners with experience working with children and adolescents.

edge counseling and wellness: *Creating Relationship Wellness* Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

edge counseling and wellness: *Counselor Wellness* Richard D. Parsons, Karen L. Dickinson, Bridget Asempapa, 2020-01-15 Counselor Wellness: Caring for Self to Care for Others underscores the importance of self-care for counselors in order to maintain an ethical, life-giving practice and minimize the risks of burnout, compassion fatigue, and secondary trauma. The book provides valuable insight regarding the inherent risks and challenges that come with serving others. It contains timely research and practical strategies for reducing stress and preventing the deleterious effects that can derail personal and professional effectiveness. Each chapter begins with a reflection from a counselor, setting the stage for robust discussions about the rigors of counseling practice and the personal challenges many counselors face. The chapters feature cutting-edge research and evidence-based approaches to recognizing, intervening, and preventing threats to emotional well-being. Case illustrations and guided exercises personalize the reading experience and help readers draw connections between the material and their everyday lives. Key topics addressed include the increasing complexity and severity of clients' issues, the cost of empathy, ethical issues, developing a personal wellness orientation, and resiliency. Designed to help counselors prioritize self-care in order to support the successful care of others, Counselor Wellness is an exemplary resource for pre-service counselors, as well as those in practice. Richard D. Parsons, Ph.D. is a professor of counselor education at West Chester University. He has over 40 years of university teaching experience and has had a private clinical practice for over 30 years. Dr. Parsons serves as a consultant to educational and mental health institutions in Pennsylvania, New Jersey, and Delaware. He has authored or co-authored over 90 books, book chapters, and professional articles. He earned his master's and doctoral degrees from Temple University. Karen L. Dickinson, Ph.D. is an associate professor and graduate coordinator of counselor education at West Chester University. She has 13 years of university teaching experience and over 30 years of experience as a teacher and school counselor in the K-12 education system. Bridget Asempapa, Ph.D. is an assistant professor of counselor education and the coordinator of the school counseling certification program at West Chester University. She has a dual license in professional school counseling and clinical mental

health counseling.

edge counseling and wellness: Counseling for Wellness Jane E. Myers, Thomas J. Sweeney, 2005 Destined to become a classic in the field, *Counseling for Wellness* presents a research-based model for improving physical and mental health and well-being. Twenty-eight experts provide life-enhancing counseling applications for diverse client groups, which can be used in schools, mental health agencies, counselor education programs, and business and industry. Wellness measurement, formal and informal assessment techniques, and future directions for research are discussed in detail.--Amazon.com.

edge counseling and wellness: Counseling for Wellness and Prevention Robert K. Conyne, 2015-05-01 *Counseling for Wellness and Prevention* brings Preventative Counseling, one of prevention's founding texts, firmly into the twenty-first century. *Counseling for Wellness and Prevention* thoroughly updates and significantly expands on discussions of practical applications and emerging best practices. Counselors and counseling psychologists will find evidence-based, contemporary guidance to help them engage in needed efforts to help clients and the general population to enhance their overall wellness and ward off future dysfunction. Author Robert Conyne demonstrates the ways in which the traditional model of one-to-one therapy can be expanded to embrace wellness and prevention as well as strategies for putting into practice a broad range of environmental and system change strategies, such as advocacy and community organization. The book is well-suited for adoption in counselor-education courses and includes explicit connections to CACREP accreditation standards. It's also an excellent choice for programs in psychology, where the APA-approved prevention guidelines for psychologists are now available, and in social work, where prevention and community change have long been hallmarks.

edge counseling and wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. 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.

edge counseling and wellness: Strength-Centered Counseling Colin C. Ward, Teri Reuter, 2010-06-25 Integrates key techniques into current teaching and practice This text provides a framework for the synthesis of postmodern theories of counseling. The cutting-edge Strength Centered Counseling model can be incorporated effectively with the more traditional models of counseling, resolving the ambiguity about how postmodernism fits into every day practice and results in more direct application of knowledge and skill sets for training in counselor education. Authors Colin Ward and Teri Reuter offer a practical and straightforward resource that presents clients with opportunities to look at life not only from a context of problems and adversity; but also of solutions, strengths, and hope. Key Features Interactive learning experiences including Learning Activities (within chapters) and Professional Growth Activities (at the end of chapters) present throughout the text Clear direction for application of principles, techniques and interventions Counselor Interview and Reflection guides serve as both valuable as a learning tool and a structural

guide for future sessions with clients This text is appropriate for counseling theories and counseling skills related courses in counseling, psychology, and related fields.

edge counseling and wellness: Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy Carol Forgash, LCSW, BCD, Margaret Copeley, MEd, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation. --European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. This book pioneers the integration of EMDR with ego state techniques. and opens new and exciting vistas for the practitioners of each. --From the foreword by John G. Watkins, PhD, founder of ego state therapy This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from. --Mark Dworkin, author of EMDR and the Relational Imperative [This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma. --Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients. --Sara G. Gilman, in Journal of EMDR Practice and Research, Volume 3, 2009 This is a book about polypsychism and trauma. It offers a number of creative syntheses of EMDR with several models of polypsychism. It also surveys and includes many other models of contemporary trauma theory and treatment techniques. The reader will appreciate its enrichment with case examples and very generous bibliographic material. If you are a therapist who works with patients who have been traumatized, you will want this book in your library. --Claire Frederick, MD, Distinguished Consulting Faculty, Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years. In the process, awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice. By integrating it with ego state therapy, this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population. --Steven N. Gold, PhD, President Elect, APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated. In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively. They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma.

edge counseling and wellness: Clinical Mental Health Counseling J. Scott Young, Craig S. Cashwell, 2016-07-27 Referencing the 2016 CACREP standards, Clinical Mental Health Counseling: Elements of Effective Practice combines solid foundational information with practical application for a realistic introduction to work in community mental health settings. Top experts in the field cover emerging models for clinical interventions as they explore cutting-edge approaches to CMH counseling. With case studies integrated throughout, students will be well prepared to move into practicum and internship courses as well as field-based settings. An instant classic. Young and Cashwell have assembled a stellar group of counselor education authors and produced an outstanding, comprehensive, and easy-to-read text that clearly articulates and elevates the discipline

of clinical mental health counseling. This book covers everything a CMHC needs to hit the ground running in clinical practice! —Bradley T. Erford, Loyola University Maryland, Past President of the American Counseling Association

edge counseling and wellness: The Counselor's Companion Jocelyn Gregoire, Christin Jungers, 2013-05-13 Students and recent graduates of counseling and human services programs will consider *The Counselor's Companion* an indispensable tool to enhance professional practice, knowledge, and skill. The text is a reference-style resource that provides new counselors with a way to bridge the gap between what they learned in the classroom and the challenges they will meet in their practice. Beginning counselors will find concise answers to common questions that will likely arise in the course of their professional development and a reliable reference "companion" as they embark on their careers in the profession. This volume features contributions from counselor educators and professionals in the field, guided largely by the core-curriculum of the Council for Accreditation of Counseling and Related Program (CACREP). Information is presented in brief form, making the main points of each section concise, clear, visible, and easily accessible. Readers are also introduced to cutting-edge areas of research.

edge counseling and wellness: Counselor Self-Care Gerald Corey, Michelle Muratori, Jude T. Austin, II, Julius A. Austin, 2017-12-08 Self-care is critical for effective and ethical counseling practice and this inspirational book offers diverse, realistic perspectives on how to achieve work-life balance and personal wellness from graduate school through retirement. In addition to the authors' unique perspectives as professionals at different stages of their careers, guest contributors—ranging from graduate students, to new professionals, to seasoned counselors—share their experiences and thoughts about self-care, including what challenges them most. Both personal and conversational in tone, this book will help you to create your own practical self-care action plan through reflection on important issues, such as managing stress, establishing personal and professional boundaries, enhancing relationships, and finding meaning in life. Counselors face the obstacle of remembering to care for themselves while focusing on caring for others. In *Counselor Self-Care*, Drs. Gerald Corey, Michelle Muratori, Jude Austin, and Julius Austin lead 52 contributing authors in a book rich with living events and defining moments. Multiple stressors are described and met with multiple solutions. There is so much great content here that can be embraced by those who do the noble work of being present for others. —Tom Skovholt, PhD, LP, Professor, University of Minnesota; Author of *The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions*, 3rd Edition Self-care is often discussed in counselor training and supervision, but not in its full scope. *Counselor Self-Care* provides breadth and depth by addressing the many facets of self-care. The authors combine personal narratives and anecdotes from experienced mental health professionals with self-assessment questions and self-care improvement strategies. The level of vulnerability and insight from the authors, and those who share their stories, is informative and rare to find. Assign this book as reading for yourself, your students, and your supervisees to motivate nurturing of the self. —Philip Clarke, PhD, Associate Professor, Wake Forest University *Requests for digital versions from ACA can be found on www.wiley.com *To request print copies, please visit the ACA <https://imis.counseling.org/store/detail> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

edge counseling and wellness: Therapy with a Coaching Edge: Partnership, Action, and Possibility in Every Session Lynn Grodzki, 2018-05-22 Bringing "coaching skills" to a therapy practice and clients. In *Therapy with a Coaching Edge*, professional practice guru Lynn Grodzki offers a new, paradigm-changing therapy model—adding the leverage and action of a coaching approach to the wisdom and goals of psychotherapy. This book presents a set of powerful coaching strategies that have been adapted and designed specifically for therapy—to provide more reach and range for therapists and counselors while not requiring a wholesale abandonment of therapeutic principles. Using this model, therapists at all levels of experience can promote behavioral change without insisting on homework or rigid protocols. Clients can spot results in each and every therapy

session. Resistance to treatment often softens and client retention improves. Grodzki gives new and veteran clinicians the skills to not only improve client outcomes, but also energize themselves as practitioners. Therapists feel empowered as they learn to ask compelling questions that generate ah-ha moments. They help clients go beyond a discussion of symptoms to explore topics of core values. They show clients how to make decisions based on both necessity and a vision of a better future. The model provides readers with just-in-time learning, to identify a skill when it is needed and then immediately apply the steps in a session. Grodzki, an expert psychotherapist and master certified coach, has proven herself to be a trusted voice for therapists through her writing and workshops; she makes the steps to using a coaching approach understandable by offering lively case examples, your turn exercises, and sample scripts to give her readers the confidence and context to move forward.

edge counseling and wellness: Financial Therapy Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

edge counseling and wellness: Mental and Emotional Release Dr. Matt James, 2017-10-03 Imagine how different your life would be if you were free from your baggage, your limitations, and your pain? As a therapist, imagine having an effective tool to help your clients become free of depression, PTSD and anxiety within hours rather than years? In Mental and Emotional Release®, Dr. Matt James introduces an incredible therapeutic process—MER— proven to be effective in treating everything from bedwetting to bulimia, PTSD to migraines within hours, not years. “This is the type of result we all want for all of our patients. But frankly, before I started introducing MER to my patients, I rarely saw it — and definitely didn’t see it happening as quickly as this.” — Dr. Larry Momaya, psychiatrist Written in a language both professionals and non-professionals can understand, Mental and Emotional Release® offers real life case studies, an overview of MER and its foundation, step by step scripts to follow, and clinical efficacy studies comparing MER to other therapies. “It’s straight-forward and targeted. Patients don’t have to re-live any traumas from the past to resolve them, and they don’t have to go into deep hypnotic trance. For 80-85% of my patients, MER gives tremendous relief from their symptoms in the very first session.” —Dr. Patrick Scott, psychologist

edge counseling and wellness: Preventive Counseling Robert K. Conyne, 2004-08-02 Among the new features in this edition are an entire section devoted to the practical applications of preventive counseling, a comprehensive guide to useful resources, and a self-check assessment tool. Written for both students and practitioners, this wholly updated and revised edition is sure to become a standard resource within the growing fields of counseling and counseling psychology in particular, and within the human services professions in general.--Jacket.

edge counseling and wellness: Counselor Education in the 21st Century Jane E. Atieno Okech, Deborah J. Rubel, 2018-09-10 This distinctive text provides master's- and doctoral-level students, as well as new professionals, with a thorough exploration of the range of responsibilities, working conditions, roles, evaluation criteria, benefits, and challenges experienced by counselor educators. Each chapter focuses on a key aspect of the field, including teaching; supervision; mentoring; gatekeeping; research and grant writing; tenure; adjunct, part-time, and nontenured positions; program administration; leadership; and collegiality and wellness. Case vignettes and personal narratives from counselor educators are engaging and informative, and literature reviews are useful for introducing students to the material covered. *Requests for digital versions from ACA can be found on www.wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

edge counseling and wellness: Acceptance and Commitment Therapy for Anxiety Disorders Georg H. Eifert, John P. Forsyth, 2005-08-01 Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment—a traditional approach that implies, at least on some level, that there is something 'wrong' with the client—ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very

important 'homework' clients do at home to reinforce work they do in the office. The book comes with a CD-ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging.

edge counseling and wellness: *Early Recollections* Arthur Clark, 2013-05-13 This book reviews the extensive literature on early recollections and organizes various interpretive systems of evaluating early memories. The practitioner will find specific and detailed guidelines for administering and interpreting early recollections to help integrate these memories into counseling and psychotherapy. Following a carefully articulated contextual approach to early recollections, which synthesizes three perspectives - subjective, interpersonal and objective - come suggestions for using early recollections in the counseling process and a full-length case study to explicate the model and demonstrate the utility of using this approach.

edge counseling and wellness: *50+ Tech Tools for School Counselors* Angela Cleveland, Stephen Sharp, 2019-05-08 Digital tools that will transform your practice Educating students in the 21st century is about more than preparing them for work in the digital age; it's also about connecting with the whole student and transcending barriers. Written for school counselors and other education professionals, *50+ Tech Tools for School Counselors* provides insightful descriptions of digital tools that can be used daily to not only enrich intervention and instruction but also guide decision-making, streamline work, enhance communication, and promote happier students. Readers will find: a framework for leadership and advocacy through the lens of technology vignettes demonstrating implementation and quotes from students and other stakeholders step-by-step guides and checklists perspectives from counselors around the country that provide a peer-to-peer feel narratives, technical descriptions, and diagrams School counselors are often unsure or unaware of the myriad of existing tech tools. This book will help them enhance their practice, feel more confident, spend less time on paperwork, and enable today's students to achieve success in school and access information on college and careers.

edge counseling and wellness: *Yoga Therapy* Kristen Butera, Staffan Elgelid, 2017-03-27 Yoga is more popular now than ever. The benefits are recognized worldwide, and athletes and therapists rely on the practice. Yet its appeal is as varied as those who practice it. Regardless of your activity level and fitness background, yoga is truly for you. *Yoga Therapy: A Personalized Approach for Your Active Lifestyle* will help you see your daily activities in a new light by giving you a new understanding of movement. Whether playing sports or exercising for fitness, you'll recognize your movement and identify the poses to make them more efficient. With detailed instructions and photos, you'll be guided through the exercises, breathing, and visualization techniques to improve your physical, mental, emotional, and spiritual health. Comprehensive and accessible, *Yoga Therapy* demonstrates the most effective poses for mobility, strength, recovery, and balance as well as techniques to aid relaxation and help with stress management. No matter your age, experience, or desired goal, *Yoga Therapy* will empower you to create personalized approaches that are as unique as you are and learn how to adapt your practice to your changing needs and goals throughout life.

edge counseling and wellness: *Counseling Theory* Richard D. Parsons, Naijian Zhang, 2014-01-16 Organized around the latest CACREP standards, *Counseling Theory: Guiding Reflective Practice*, by Richard D. Parsons and Naijian Zhang, presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors.

edge counseling and wellness: *Cognitive Behavior Therapies* Ann Vernon, Kristene Anne Doyle, 2017-09-06 This comprehensive book showcases different approaches to cognitive behavior therapy (CBT) and focuses on the implementation of these various theories in real-world practice. Following an overview of cognitive therapy, practitioners and scholars discuss behavior therapy,

cognitive therapy, rational emotive behavior therapy, multimodal therapy, acceptance and commitment therapy, dialectical behavior therapy, and mindfulness. Each theory highlighted includes a profile of the theorist(s), an overview of the theory, a discussion of the therapeutic process, an array of targeted interventions, a verbatim case transcript, an analysis of the limitations of the theory, and reflective sidebars to facilitate learning. The final chapter presents a single case study discussed from the perspective of each particular theory. *Requests for digital versions from ACA can be found on www.wiley.com. *To purchase print copies, please visit the ACA website *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

edge counseling and wellness: *A Counselor's Guide to the Dissertation Process* Brandé Flamez, A. Stephen Lenz, Richard S. Balkin, Robert L. Smith, 2017-05-25 This engaging book not only offers step-by-step guidance on planning, writing, and defending a dissertation but also helps create a beginning-to-end process that is meaningful, rewarding, and exciting. Each chapter answers commonly asked questions, contains a checklist for each part of the dissertation, provides a summary of key points, and lists additional resources. Topics addressed include tips for staying motivated, time management, and self-care; selecting a dissertation committee and narrowing down the topic; writing a proposal; preparing the literature review; creating the problem statement, purpose statement, and research questions; understanding research methodology and ethics; collecting and analyzing data; presenting results; and best of all—publishing a dissertation. *Requests for digital versions from the ACA can be found on www.wiley.com *To request print copies, please visit the ACA website <https://imis.counseling.org/store/> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

edge counseling and wellness: *Counseling at the Beginning* Catherine Tucker, 2019-06-25 *Counseling at the Beginning* is a thorough, practice-based guide for counselors who serve the mental health needs of very young children and their families. Chapters based on current developmental psychology research prepare mental health, school, and addictions counselors to work with pregnant women and children under the age of 5. Discussion of topics such as brain development, self-regulation, trauma, prenatal alcohol and drug exposure, and toxic stress prepares providers to meet the needs of this growing area of practice. Concrete information about how and when to intervene, written by experts working in the field, is accompanied by lists of resources for further learning at the end of each chapter.

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their spiritual and religious lives to further the therapeutic process. Through an examination of the 2009 ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling and the use of evidence-based tools and techniques, this book will guide you in providing services to clients presenting with these deeply sensitive and personal issues. Numerous strategies for clinical application are offered throughout the book, and new chapters on mindfulness, ritual, 12-step spirituality, prayer, and feminine spirituality enhance application to practice. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here: <https://imis.counseling.org/store/detail.aspx?id=78161> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

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as addressing school violence, working with at-risk youth, and counseling in college and university settings, are also discussed. The book concludes with a section on uses of humanistic approaches in counselor education and training. After reading this book, practitioners will be inspired to advocate for counseling's holistic and empowering approach to helping all individuals across the lifespan.

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a completed 10 session therapy. Ongoing commentaries allow readers to follow the therapist's inner thoughts about the ensuing therapy process. The book begins with chapters that explore the conventional theory and practice of Adlerian therapy and introduce Adlerian-pattern focused therapy. The following four chapters walk readers through the beginning sessions which emphasize the therapeutic relationship and the identification and focus on pattern change. Readers then follow the pattern change process as it unfolds in the middle phase and in the termination phase of treatment. The text concludes with a discussion of how this therapy succeeded in a client with major depression. Successfully blending conventional knowledge of Adlerian therapy with a contemporary approach, *Learning and Practicing Adlerian Therapy* is an ideal resource for future clinicians.

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