

bennett counseling and wellness

Bennett Counseling and Wellness: Your Path to a Healthier, Happier You

Are you feeling overwhelmed, stressed, or just plain stuck? Life can throw curveballs, and sometimes we need a little extra support to navigate the challenges and rediscover our inner strength. At Bennett Counseling and Wellness, we believe everyone deserves access to compassionate, effective care. This comprehensive guide dives deep into what Bennett Counseling and Wellness offers, exploring our services, philosophy, and how we can help you on your journey towards well-being. We'll answer common questions and help you understand if our approach is the right fit for you.

Understanding Bennett Counseling and Wellness: A Holistic Approach

Bennett Counseling and Wellness isn't just another therapy practice; it's a holistic wellness center dedicated to empowering individuals to achieve their full potential. We understand that mental and emotional well-being are intricately connected to physical health and overall life satisfaction. Our approach is grounded in compassion, empathy, and evidence-based practices, ensuring you receive the highest quality care tailored to your unique needs. We strive to create a safe, non-judgmental environment where you feel comfortable exploring your challenges and working towards positive change.

Our Range of Services: Addressing Your Specific Needs

We offer a diverse range of services designed to address a wide spectrum of mental health concerns and wellness goals. These include, but are not limited to:

Individual Therapy: Our experienced therapists provide personalized support for a variety of issues, including anxiety, depression, trauma, relationship problems, grief, and life transitions. We use various therapeutic modalities to find the best approach for you, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT).

Couples Counseling: Navigating the complexities of relationships can be challenging. Our therapists specialize in helping couples improve communication, resolve conflict, and strengthen their bond. We create a space for open dialogue and collaborative problem-solving.

Family Therapy: Family dynamics significantly impact individual well-being. Our family therapists work with families to improve communication, address conflict, and foster healthier relationships. We focus on building resilience and improving overall family functioning.

Group Therapy: Group therapy offers a supportive environment to connect with others facing similar challenges. Sharing experiences and learning from others can be incredibly powerful in the healing process. We offer various group therapy options, depending on current client needs.

Wellness Workshops: We regularly host workshops and seminars focusing on various aspects of wellness, such as stress management, mindfulness, and self-care. These workshops provide practical tools and strategies to improve your overall well-being.

The Bennett Counseling and Wellness Difference: Our Commitment to You

What sets Bennett Counseling and Wellness apart is our unwavering commitment to providing exceptional care. We prioritize:

Client-centered approach: Your needs and goals guide our therapeutic process.
Evidence-based practices: We utilize the most effective and research-supported techniques.

Compassionate and supportive environment: We create a safe space where you feel understood and respected.

Accessibility and convenience: We offer flexible scheduling options to accommodate your busy life.

Confidentiality and privacy: Your privacy is our utmost priority.

Finding the Right Therapist: A Personalized Match

Finding the right therapist is crucial for successful therapy. At Bennett Counseling and Wellness, we take the time to understand your specific needs and match you with a therapist whose expertise and personality align with your preferences. We believe in the importance of building a strong therapeutic alliance based on trust and mutual respect.

Taking the First Step: Contacting Bennett Counseling and Wellness

Ready to invest in your well-being? Contacting us is the first step towards a happier, healthier you. You can reach out via phone, email, or our website. We offer a free initial consultation to discuss your needs and answer any questions you may have. Don't hesitate to reach out – we're here to support you on your journey.

Conclusion

Bennett Counseling and Wellness is dedicated to providing high-quality, compassionate mental health and wellness services. Our holistic approach, combined with our diverse range of services and commitment to client-centered care, makes us a leading provider in the community. We believe that everyone deserves access to support and guidance on their path to well-being, and we're here to help you every step of the way. Contact us today to begin your journey towards a healthier, happier you.

FAQs

1. Do you accept insurance? We are currently in-network with several major insurance providers. Please contact us to verify your coverage.
1. What are your office hours? Our office hours are flexible and can be adjusted to accommodate client needs. Please contact us to schedule an appointment.
1. What types of payment do you accept? We accept cash, checks, and most major credit cards.
1. What if I need immediate help? If you are experiencing a mental health crisis, please contact your local emergency services or call 911. We also provide resources and referrals to crisis hotlines on our website.
1. How do I schedule a consultation? You can schedule a consultation by calling our office, emailing us, or booking an appointment through our website. We look forward to hearing from you!

bennett counseling and wellness: Oppression and the Body Christine Caldwell, Lucia Bennett Leighton, 2018-03-20 A timely anthology that explores power, privilege, and oppression and their relationship to marginalized bodies Asserting that the body is the main site of oppression in Western society, the contributors to this pioneering volume explore the complex issue of

embodiment and how it relates to social inclusion and marginalization. In a culture where bodies of people who are brown, black, female, transgender, disabled, fat, or queer are often shamed, sexualized, ignored, and oppressed, what does it mean to live in a marginalized body? Through theory, personal narrative, and artistic expression, this anthology explores how power, privilege, oppression, and attempted disembodiment play out on the bodies of disparaged individuals and what happens when the body's expression is stereotyped and stunted. Bringing together a range of voices, this book offers strategies and practices for embodiment and activism and considers what it means to be an embodied ally to anyone experiencing bodily oppression.

bennett 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.

bennett 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.

bennett 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

bennett counseling and wellness: Introduction to the Counseling Profession David Capuzzi, Douglas R. Gross, 2017-06-26 Designed for students who are taking a preliminary course in the counseling field, *Introduction to the Counseling Profession*, 7th Edition, provides a comprehensive overview of the history and foundational concepts of counseling, offering the most current and relevant breadth of coverage available from experts in their respective fields. This edition includes topics rarely discussed in introductory texts, such as self-care and self-growth and the use of technology in counseling, as well as a new chapter on crisis counseling. Chapters also reflect updates to the 2016 Council for the Accreditation of Counseling and Related Educational Programs (CACREP) standards, and a chapter on each CACREP specialization is included. Students will gain insight into the myriad issues that surround not only the process of counseling and its many populations but also the personal dynamics that have an impact on this process. Furthermore, a collection of supplemental resources is available online to benefit both instructors and students. Instructors will find PowerPoint slides and test banks to aid in conducting their courses, and students can access chapter summaries, exercises, and other tools to supplement their review of the material in the text.

bennett counseling and wellness: *F*ck Feelings* Michael Bennett, MD, Michael Bennett, Sarah Bennett, 2015-09 The only self-help book you'll ever need, from a psychiatrist who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control--the first steps to solving all of life's impossible problems--

bennett counseling and wellness: *School Counseling* Rosemary A. Thompson, 2013-05-13 In this second edition of a practical and eminently useful resource, Rosemary Thompson discusses the new and expanded roles of today's school counselors. In the wake of recent school violence, and in light of the tough decisions that students now face everyday, the role of the school counselor has changed dramatically. Today, more than ever, school counselors must do more than simply offer guidance on educational and vocational choices, but must become catalysts for change. This second edition examines the ways in which recent economic, political, social, and educational trends have impacted the professional school counselor. Throughout the text, Thompson integrates her discussion of recent national reform issues and the new professional standards set forth by the American School Counselors Association. Focusing throughout on the inherent benefits of and need for professional counseling in our schools, this second edition is a groundbreaking resource and will be of great value to school counseling students and professionals alike.

bennett counseling and wellness: *Promoting Human Wellness* Margaret Schneider Jamner, Daniel Stokols, 2000 This very important work calls for research and policy-making that is proactive, multi-level, multi-method, and interdisciplinary--not disease-driven. It synthesizes perspectives on wellness that have the potential to produce a paradigm shift in research and policy planning, implementation, and evaluation. -- Lene Levy-Storrs, University of California, Los Angeles, Department of Medicine/Geriatrics [This book] helps broaden the field of inquiry and legitimates the social and political perspectives in health care research and planning. --Ellen R. Shaffer, University of California, San Francisco, Program in Medical Ethics

bennett counseling and wellness: *Beyond the Blues* Shoshana Bennett, Pec Indman, 2019-07-31 This 2019 edition of *Beyond the Blues* contains the most current pregnancy and postpartum resources for prevention and treatment of mental health challenges for all parents. Updated information and research about medications, as well as complementary and alternative

options are included. Direct and compassionate, it is required reading for those suffering before or after the baby is born and for all professionals working with them. "An indispensable guide to understanding and treating prenatal and postpartum depression. This book is a gift not only to healthcare providers but also to family and friends of mothers suffering from these devastating perinatal mood disorders." —Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing Coauthor of Postpartum Depression Screening Scale "In *Beyond the Blues*, Bennett and Indman offer a compact yet surprisingly comprehensive manual on prenatal and postpartum depression. Readable and practical, they systematically address screening and assessment, finding a therapist, myths about nursing and bonding, and treatment. Interesting and helpful are suggestions for family and friends. For health professionals, there is detailed diagnostic and treatment information. *Beyond the Blues* is a quick read with an easy-to-handle format. Recommended for consumer health and health sciences collections." —Library Journal "This book will be of great help for both women and their health care providers, providing information on all aspects of depression in pregnancy and in the post-postpartum, including safety/risk of medication therapy." —Adrienne Einarson RN Assistant Director, The Motherisk Program, The Hospital for Sick Children, Toronto, Canada "Take prenatal vitamins for the baby, but for the long-term health of the mother, this is a must read for both her and her doctor." —Timothy A. Leach, M.D., F.A.C.O.G. OB/GYN, San Ramon Regional Medical Center, John Muir Medical Center

bennett counseling and wellness: *Career Development Interventions for Social Justice* Margo A. Jackson, Allyson K. Regis, Kourtney Bennett, 2019-01-02 Career development interventions can serve as one means to constructively address the problems of inequitable access to educational and occupational options and achievement that promote health and well-being across the lifespan. *Career Development Interventions for Social Justice: Addressing Needs across the Lifespan in Educational, Community, and Employment Contexts* offers practical examples of career development interventions that may be adapted to constructively address social justice needs at various points across the lifespan (ranging from elementary school ages to older adults) in educational, community, and employment contexts. Tailored to the needs and context of a specific underserved group of individuals, each intervention integrates relevant career development theory, research, ethical considerations, elements of sound program design and evaluation, and professional competencies for best practices in multicultural career counseling and social justice advocacy. Unique to this book are the contributions of authors, including practicing professional counselors and psychologists, who share their personal reflections of self-awareness from privileged and marginalized identities regarding potential biases and resources of relevance to their chapter's intervention. In the process of designing and providing career development services for individuals from marginalized groups, it is imperative for counselors to continually reflect on and consult about their own biases and resources for empathic understanding and effectiveness with those whom we serve.

bennett counseling and wellness: *Handbook for Human Sexuality Counseling* Angela M. Schubert, Mark Pope, 2022-09-20 Sexuality is a significant part of the human experience, yet it is often a neglected topic in both counselor training and the counseling process. In this preeminent guide, expert clinicians with a variety of mental health and medical backgrounds write on diverse issues related to sexuality through a radical acceptance lens. Each chapter illustrates an affirmative and expansive approach to sexuality that considers clients' sexual and cultural identities and emphasizes sexual wellness. Students and professionals alike will learn how to respectfully and ethically approach sexuality considerations not commonly mentioned in the professional literature, such as sexuality and disability, healing after sexual violence, older adult sexuality, the impact of chronic illness on sexual expression, and paraphilias. The text is organized around eight comprehensive parts: Foundations; Physiological and Psychological; Attraction, Orientation, and Gender; Sexual Wellness; Sexual Agency; Approaches to Sexual Divergence; Relationships; and Education- with case examples, Questions You Always Wanted to Ask, and additional resources interwoven throughout.

bennett counseling and wellness: *Workplace Wellness that Works* Laura Putnam, 2015-06-08

A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

bennett counseling and wellness: Solution-Focused Play Therapy Elizabeth Kjellstrand Hartwig, 2020-11-16 Solution-Focused Play Therapy is an essential text that blends the process of play therapy with solution-focused therapy. With a focus on child strengths and resources, this book identifies key concepts and principles in solution-focused play therapy (SFPT). The author provides neurobiological and developmental support for SFPT and guidance on how practitioners can transition from using a non-directive approach to a more directive and activity-based approach based on the developmental needs of the child. Chapters describe the 12 basic skills needed for employing this approach with children of all ages and their families. Harnessing a strengths-oriented approach, the author presents expressive ways to use key SFPT techniques, including the miracle question, scaling, finding exceptions, and end-of-session feedback. Clinicians will come away from the book with a suite of interventions, strategies, handouts, and forms that can be employed with children of all ages and their families, from strength-based assessment and treatment planning to the final celebration session.

bennett counseling and wellness: Treating Athletes with Eating Disorders Kate Bennett, 2021-10-27 This book provides readers with concrete, tangible tools for treating athletes with eating disorders by discussing issues that are unique to this population and introducing specific ideas to help facilitate recovery among this population. Dr. Bennett integrates her experiences in sport and mental health to provide a comprehensive resource for all healthcare providers who support athletes with eating disorders. Traditional sport psychology interventions are translated into clinical action to help therapists align with the athletic identities of individuals recovering from eating disorders. From diagnosis and neurobiology to athletic identity and excellence, this book covers a range of topics to help readers build their own toolboxes of creative and clinically sound psychological interventions. This comprehensive guide provides professionals who are new to the field with essential knowledge pertaining to the treatment of eating disorders and offers experienced healthcare providers insight on treatment aspects that are unique to working with athletes.

bennett counseling and wellness: Professional School Counseling Rosemary Thompson, Dr. Rosemary Thompson, 2012-04-27 Today's children and adolescents are constantly facing new and unique challenges, and school counselors must respond to this by expanding their role and function within the schools. This revised and expanded edition of Thompson's important text explores these issues, as well as the necessary steps school counselors need to take in order to adapt and effectively deal with them. Thompson advocates for the need for standards-based school

counseling, outlining the framework and benefits of the ASCA National Model® and comprehensive guidance and counseling programs. She addresses the newest research in implementing evidence-based practices; the mental health issues that may be faced by children and adolescents; consulting with teachers, parents, administrators, and the community; and crisis intervention and management. New to this edition are chapters that focus on minority and disenfranchised students and emphasize the need for school counselors to be able to advocate, coordinate, and collaborate on services for these students and their families. This is an essential resource for every school counselor in a time when the profession is becoming increasingly important.

bennett counseling and wellness: Counseling Criminal Justice Offenders Ruth E. Masters, 2021-04-13 Excellent book, the best I have read. —John McCulloch, South Hills Business School
Counseling Criminal Justice Offenders, Second Edition takes a practical view of offenders, their problems, and the difficulties counselors face working with them in criminal justice settings. Author Ruth E. Masters examines criminal justice counseling on an individual and group basis and in a variety of settings such as prisons, probation and parole agencies, diversion programs, group homes, halfway houses, prerelease facilities, and U.S. jails. The book also explores the many faces of offenders — young, old, male, female, and across many cultures. The Second Edition of *Counseling Criminal Justice Offenders* recognizes that individuals who counsel offenders in the criminal justice system often have not had the extensive training of a licensed psychologist and this text is designed to provide readers with an understanding of the counseling process. The book explores practical knowledge of legal principles, appropriate and effective counselor attitudes, and the past and present protocols of American corrections. Features and Benefits: Each chapter begins with Chapter Highlights and Key Terms and ends with corresponding exercises and discussion questions. A section at the end of each chapter lists relevant Internet sites and suggested readings. The book includes Counselor/Offender role-play scenarios that prepare students for situations such as how to restore order over a group counseling session, handle their own personal feelings about an offender, and much more. An Instructor's Manual including test items and skill-building exercises is available. New to the Second Edition: Chapters have been reorganized to emphasize the importance of counselors creating an alliance with offenders. Discussions have been updated on topics such as multicultural counseling, counseling victims, counseling paraprofessionals, cognitive-behavioral counseling, multimodal counseling, brief counseling, and counseling outcome effectiveness. New chapters have been added on counseling criminal psychopaths, the role of emotions in the counseling process, counseling male and female offenders, and the relationship between trauma, addiction, and human behavior. Primarily designed for criminal justice students taking correctional counseling courses, *Counseling Criminal Justice Offenders*, Second Edition is also a vital resource for any Criminal Justice, Social Work, Psychology, or Counseling practitioner interfacing with offenders.

bennett counseling and wellness: Jungian Counseling and Play Therapy Rachel McRoberts, 2024-09-12 *Jungian Counseling and Play Therapy* is both an introduction to Jung's theory and a practical guide to Jungian-informed practice. Readers journey through the development of the mental health crisis of the digital age (which Jung foresaw) and are presented with solutions he suggested that are still being met with resistance, despite compelling facts. This book not only advocates for a more widespread integration of Jungian ideas into clinical practice, but also for greater acknowledgement of the integrity, creativity, and intersecting identities of clients, professional counselors, and play therapists. Integrating historical theory with contemporary research, this book helps students to weave creative techniques into their online and in-person clinical work. This is an ideal text for a psychodynamic theory or methods class, or to support counseling students and supervisors becoming interested in, or familiar with, the work of Carl Jung.

bennett counseling and wellness: Counseling Across Cultures Paul B. Pedersen, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, Maria R. Scharron-del Rio, 2015-01-14 Offering a primary focus on North American cultural and ethnic diversity while addressing global questions and issues, *Counseling Across Cultures*, Seventh Edition draws on the expertise of 48 invited

contributors to examine the cultural context of accurate assessment and appropriate interventions in counseling diverse clients. The book's chapters highlight work with African Americans, Asian Americans, Latinos/as, American Indians, refugees, individuals in marginalized situations, international students, those with widely varying religious beliefs, and many others. Edited by pioneers in multicultural counseling, this volume articulates the positive contributions that can be achieved when multicultural awareness is incorporated into the training of counselors.

bennett counseling and wellness: Introduction to Clinical Mental Health Counseling

Joshua C. Watson, Michael K. Schmit, 2019-01-23 Introduction to Clinical Mental Health Counseling presents a broad overview of the field of clinical mental health and provides students with the knowledge and skills to successfully put theory into practice in real-world settings. Drawing from their experience as clinicians, authors Joshua C. Watson and Michael K. Schmit cover the foundations of clinical mental health counseling along with current issues, trends, and population-specific considerations. The text introduces students to emerging paradigms in the field such as mindfulness, behavioral medicine, neuroscience, recovery-oriented care, provider care, person-centered treatment planning, and holistic wellness, while emphasizing the importance of selecting evidence-based practices appropriate for specific clients, issues, and settings. Aligned with 2016 CACREP Standards and offering practical activities and case examples, the text will prepare future counselors for the realities of clinical practice.

bennett counseling and wellness: Vistas Garry Richard Walz, Jeanne Bleuer, Richard Yep, 2006

bennett counseling and wellness: Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

bennett counseling and wellness: Practicum and Internship Experiences in Counseling

Bradley T. Erford, 2023-03-24 This ready-to-use resource provides the practical information and hands-on skills interns and practicum students need to successfully complete their clinical experiences and join the counseling profession with confidence. Designed to accompany students as they advance through practicum and internship, Practicum and Internship Experiences in Counseling helps bridge the gap from theory to practice. It covers the day-to-day elements of practice in agencies and schools that are often missing from the theory-based courses. Chapters are packed with case examples, activities, voices from the field, and self-assessments, including tools for assessing and addressing ethnocentrism, intersectionality, and bias in counseling practice. This resource orients clinical students to the field, while providing them with the day-to-day skills they need to thrive. Special focus on: Expectations and how to get the most out of the supervision process Assessment and intervention with clients in danger and crisis Wellness and developing healthy work and personal habits to carry through one's entire career. Readers see clearly how to: Apply the laws and ethics in everyday clinical practice Work with special issues (neuropsych and psychopharmacology) and populations Market and position oneself in the job market, with an eye toward growing/marketing a counseling practice after graduation Included in each chapter: Several self-assessment activities encouraging self-reflection and self-assessment on the concepts of the chapter Voices from the field features providing firsthand, in-the-trenches perspectives from

counselors who have been there and done that. Realistic case examples challenging readers to apply knowledge and skills to realistic cases they are likely to encounter in the field Included are separate chapters on: Relationship building Goal setting Record keeping The integration of theory into practice

bennett counseling and wellness: *Pregnant on Prozac* Shoshana Bennett, 2009-01-13
Antidepressants today top the list of drugs prescribed to women. But what happens when you add pregnancy into the mix? *Pregnant on Prozac* is the first guide to separate the myths from the facts. Taking a pull-no-punches, prescriptive approach, it clearly spells out not only the possible risks of antidepressant use—whether it be Prozac, Wellbutrin, or any of the host of other drugs—by hopeful mothers but also the lesser-known yet serious risks to both fetus and mother from untreated depression. Shoshana Bennett answers such questions as: Does the media exaggerate the risk? What of options such as tapering the dose? What alternatives are worth pursuing? Most importantly, she empowers each woman with the knowledge to make the best decision for her. *Pregnant on Prozac* is a must-have for any prospective mother who has experienced depression or anxiety as well as anyone with a friend or loved one in this situation.

bennett counseling and wellness: *Foundations in Becoming a Professional Counselor*
Ana Isabel Puig, PhD, LMHC-S, NCC, Jacqueline M. Swank, PhD, LMHC, LCSW, RPT-S, Latoya Haynes-Thoby, PhD, LPC, NCC, CCTP, Derrick A. Paladino, PhD, LMHC, NCC, 2022-10-05
Helps counselors-in-training develop their sense of identity as advocates and seekers of social justice Distinguished by a potent social justice and multicultural perspective, this comprehensive introductory text for counselors-in-training delivers foundational concepts through the lens of advocacy and intersectionality. This book emphasizes exploration of the individual and collective effect of local, national, and global social issues on clients and their communities, and imparts real world experiences from authors and clinical experts who provide personal accounts of challenges and successes in their practices. The text examines key evidence-based counseling theories with an in-depth focus on trauma-informed counseling and prompts reflection and dialogue about critical issues in counselor development. It introduces specific counseling micro-skills, techniques, and modalities and describes the varied settings in which counselors can practice. Engaging activities that foster self-analysis and self-actualization illuminate the path to becoming a professional counselor. Chapters encompass several features that promote high-level thinking and reinforce understanding of content. These include reflection exercises that relate chapter content to individual counselor identity, learning objectives at the beginning of each chapter, Voices from the Field to bring counseling to life, Call to Action features to help students put learning into action, case studies, Group Process activities, and additional resources. Abundant instructor activities include Instructor's Manual, Test Bank, PowerPoints, and recorded video podcasts. Key Features: Addresses the foundations of counseling through the perspective of multiculturalism, advocacy, social justice, and intersectionality Emphasizes understanding of the individual and collective effect of social issues on clients and their communities Includes recorded interviews with clinical experts and Voices from the Field Weaves the concept of trauma-informed counseling throughout Covers such trending topics as telemental health, the influence of climate change, psychedelic assisted therapies, and the effect of social media on counseling, and neuroscience Offers engaging self-actualization and reflection activities to enhance counselor training Each chapter includes learning objectives, Call to Action features, Think About This reflection exercises, Group Process activities, case studies, and more Offers an abundant ancillaries package including Instructor's Manual, Test Bank, chapter PowerPoints, and video podcasts

bennett counseling and wellness: *How to Be an Adult* David Richo, 2014-05-14 Using the metaphor of the heroic journeydeparture, struggle and returnthe author shows readers the way to psychological and spiritual health.

bennett counseling and wellness: *Counseling Criminal Justice Offenders* Ruth Masters, 2004
Counseling Criminal Justice Offenders, Second Edition takes a practical view of offenders, their problems, and the difficulties counselors face working with them in criminal justice settings. Author

Ruth E. Masters examines criminal justice counseling on an individual and group basis and in a variety of settings such as prisons, probation and parole agencies, diversion programs, group homes, halfway houses, prerelease facilities, and U.S. jails. The book also explores the many faces of offenders — young, old, male, female, and across many cultures. The Second Edition of *Counseling Criminal Justice Offenders* recognizes that individuals who counsel offenders in the criminal justice system often have not had the extensive training of a licensed psychologist and this text is designed to provide readers with an understanding of the counseling process. The book explores practical knowledge of legal principles, appropriate and effective counselor attitudes, and the past and present protocols of American corrections. Primarily designed for criminal justice students taking correctional counseling courses, *Counseling Criminal Justice Offenders, Second Edition* is also a vital resource for any Criminal Justice, Social Work, Psychology, or Counseling practitioner interfacing with offenders.

bennett counseling and wellness: *Feeling Good* David D. Burns, 1981 Explains how each individual can learn to control their moods through controlling the thought processes and changing the patterns of how things are perceived.

bennett counseling and wellness: *The Epic Adventures of Lydia Bennet* Kate Noble, Kate Rorick, Rachel Kiley, 2015-09-29 Before her older sister, Lizzie, started her wildly popular vlog, Lydia was just a normal twenty-year-old plotting the many ways she could get away with skipping her community college classes and finding the perfect fake ID. She may not have had much direction, but she loved her family and had plenty of fun. Then Lizzie's vlog turned the Bennet sisters into Internet sensations, and Lydia basked in the attention as people watched, debated, tweeted, tumblr'd, and blogged about her life. But not all attention is good. After her ex-boyfriend, George Wickham took advantage of Lydia's newfound web-fame, betrayed her trust, and destroyed her online reputation, she's no longer a naive, carefree girl. Now, Lydia must work to win back her family's trust and respect and find her place in a far more judgmental world--www.simonandschuster.com.

bennett counseling and wellness: *Family Health* John T. Pardeck, Francis K. O. Yuen, 1999-05-30 The profession of social work has, since its inception, stressed the importance of the family system in practice and policy development. Even though the family has always been central to effective social work practice, the framing of the family system from a holistic health perspective is new to the field. This collection develops a family health perspective that will facilitate effective social work practice and policy development. Family health is an emerging practice orientation within the field of social work. A family health orientation practice utilizes a holistic approach that examines family strength and stress inside and outside the family system. How families perceive these conditions and their ability to adapt and change will greatly determine how concerns are managed by the family system. A critical role of the social work practitioner is to help families deal with these pressures at both the micro and macro levels. The family health perspective examined in this collection deals with assessment and intervention through a family health approach; research and evaluation on family health; family health and cultural diversity; family health and social policy; and social service delivery through a family health approach.

bennett counseling and wellness: *The Internship, Practicum, and Field Placement Handbook* Brian N. Baird, Debra Mollen, 2023-04-18 The Internship, Practicum, and Field Placement Handbook offers real-world knowledge of the skills interns in the helping professions need through every phase of their internship, practicum, or field placement. The focus is on topics that may not have been addressed or fully developed through regular academic coursework: meeting clients, fees for service, supervision, ethics, legal issues, diversity, clinical writing, case notes and clinical records, personal safety, self-care, advocacy, technology, termination, and planning for the future. Every phase of the internship is discussed sequentially, from finding and preparing for placements to concluding relationships with clients and supervisors. Drawing from the fields of psychology, counseling, social work, school counseling, and psychiatry, this edition has been thoroughly updated with the latest research and clinical literature, ethical codes of the leading professions, and legal

and regulatory developments at federal and state levels. This edition also features up-to-date coverage of remote education, training, supervision, and practice as impacted by Covid-19 and technological changes. Diversity awareness and insights are woven through every element of the text, taking into account recent developments such as Black Lives Matter, the MeToo movement, gender identity awareness. Other emerging issues are also addressed, including the impact of the opioid epidemic and substance abuse deaths and the ethical/legal issues that may arise relating to reproductive health and abortion related legislation. In-text exercises and thought problems are incorporated into each chapter for students to develop insights and skills. Eleven online appendices are also included, containing learning plans, supervision agreements, evaluation forms, and ethical guidelines that students will need in preparation for the next phase of their training. The Internship, Practicum, and Field Placement Handbook is an invaluable resource for students, faculty, and supervisors engaged in the challenging experience of transitioning from academia into clinical training in the field.

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bennett counseling and wellness: *Toxic Wealth* Orla Cashman, James A. Twaite, 2009-07-08 This volume spotlights the unique problems that often accompany a high-income lifestyle and offers guidelines that can help individuals avoid the pitfalls wealth may bring. Two therapists show how the culture of affluence in America creates unique problems for wealthy adults and children, often resulting in poor psycho-social adjustment, anxiety, low self-esteem, and the inability to have fun. The affluent are under tremendous pressure to achieve. They are subject to a myriad of negative stereotypes that make it difficult for them to have a normal social life. They are taken advantage of, preyed upon, and ridiculed. When they seek professional help for their problems, they may receive little sympathy. This book is a sage and insightful primer aimed at all readers who have some wealth, whether inherited or amassed through personal effort. The consciousness-raising here includes vignettes from the treatment rooms of the authors, who have helped many wealthy individuals and families deal with the fallout from the myths with which our culture burdens them. Specific guidelines on how to deal with problems are presented.

bennett counseling and wellness: *Executive Ethics II* Ronald R. Sims, Scott A. Quatro, 2016-06-01 This 2nd edition of Executive Ethics provides a variety of contemporary and timely readings squarely focused on the ethical dilemmas and challenges faced by today's C-suite executives. In addition to identifying these dilemmas and challenges, the contributors provide both knowledge and insight on how C-suite executives can proactively address such ethics issues. The contributors provide unique value propositions for the C-suite regarding the most critical ethical issues facing organizations today while also highlighting useful information for senior executives interested in integrating ethics into the leadership and management practices of their organizations. In the end, the book empowers C-suite executives to build a long-term, strategic, and enterprise-wide approach to ethics.

bennett counseling and wellness: *Healing Your Rift with God* Paul Sibcy, 2011-08-02 God, says Paul Sibcy, is everything that is. All of us—faithful seekers or otherwise—have some area of confusion, hurt, or denial around this word, or our personal concept of God, that keeps us from a full expression of our spirituality. *Healing Your Rift with God* is a guidebook for finding your own personal rifts with God and healing them. Sibcy explains the nature of a spiritual rift, how this wound can impair your life, and how such a wound may be healed by the earnest seeker, with or without help from a counselor or teacher. *Healing Your Rift with God* will also assist those in the

helping professions who wish to facilitate what the author calls ultimate healing. The book includes many personal stories from the author's life, teaching, and counseling work, and its warm narrative tone creates an intimate author-reader relationship that inspires the healing process.

bennett counseling and wellness: *Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications*. Michael Bernard, Mark D. Terjesen, 2021-01-04 This book is a newly revised version of the highly influential text, *Rational Emotive Behavioral Approaches to Childhood Disorders: Theory, Practice and Research*, based on an earlier volume by Bernard and Ellis. The revised edition incorporates recent significant advances in applying this approach to younger populations, updates best practice guidelines, and discusses the burgeoning use of technology to deliver mental health services. Featuring content from experts across a variety of areas, the book provides clinical guidance to a range of professionals working with children, including counselors, social workers, clinical and school psychologists. It also offers extensive illustrated material, self-test questions, and other useful resources to aid with use as a graduate level text or training reference. Among the topics addressed: Developing therapeutic skillsets for working with children and adolescents Promoting self-acceptance in youth Building resilience in youth Parent counselling and education Teacher stress management Cognitive-Behavioral, Rational Emotive Treatment of Childhood Problems highlights the potential for evidence-based services to reach and positively influence child and adolescent populations that remain underserved by today's clinical and educational systems.

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bennett counseling and wellness: *Ethnic Validity, Ecology, and Psychotherapy* Forrest B. Tyler, Deborah Ridley Brome, Janice E. Williams, 2013-11-21 This book has grown out of our individual experiences as well as our shared ones; out of our differences as well as our commonalities; and out of our conflicts as well as our convergences. Among us there are differences in gender; in individual, family, community, and racial histories; in life experiences, identities, and career paths; and even in reasons for writing this book. Of course there are also commonalities. We enjoy one another's company; we enjoy working together; and we feel enriched from our collaboration. We have written this book out of our complete selves, not just our professional selves. The original objective of our book was to present to practitioners of psychotherapy, trainers of psychotherapists, and psychotherapy students a model of conducting psychotherapy that actively acknowledges and builds upon the ethnic and racial heritage of both therapist and client. We have found that to fulfill that objective we need also to acknowledge and build upon the psychological ecology of the therapist and client; and we also need to outline the kind of research necessary if we are to develop and evaluate the perspectives presented here. Those perspectives are embodied in what we have come to call the ethnic validity model (EVM) of psychotherapy.

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bennett counseling and wellness: *Religion and Spirituality for Diverse Women* Thema Bryant-Davis, Asuncion Miteria Austria, Debra M. Kawahara, Diane J. Willis Ph.D., 2014-09-30 This collection of essays considers the role of spirituality and religion in the lives of American women from various ethnic backgrounds, showing how faith empowers those in populations often marginalized in the United States. Religion and spirituality are sources of strength and resilience for many women, particularly ethnically diverse women. This thought-provoking text examines this psychological trend, exploring the specific ways in which women from diverse backgrounds have benefited from their faith traditions, the various spiritual pathways they have chosen, and the impact of those choices on their lives. Essays in this informative compilation show how women from African American, Latina, American Indian, Asian American, and Caucasian backgrounds recover from difficulties and traumas with the help of their faith. Contributors consider why women are more likely to endorse religious engagement than men; why ethnically marginalized women tap into spirituality for comfort more than any other population; and why many believers embrace religion as a coping mechanism throughout their lives—from adolescence to older adulthood. The work suggests ways for counselors, leaders, and religious figures to utilize this knowledge to bolster the

well-being of those they serve.

bennett counseling and wellness: Enhancing Cognitive Fitness in Adults PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

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