



# Counseling Psychology: An Integrated Positive Psychological Approach

By Ruth Chu-Lien Chao

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**Counseling Psychology: An Integrated Positive Psychological Approach** By Ruth Chu-Lien Chao

*Counseling Psychology: An Integrated Positive Approach* introduces a new dimension in counseling psychology which includes both symptom treatment and positive psychology; this unique approach guides readers to enhance clients' positive potential, rather than focusing solely on the treatment of clients' negative symptoms.

- An integrative counseling approach which maximizes graduate students' understanding of counseling theories and positive psychology
- Enables counselors to tailor integrative counseling to multicultural clients, helping graduate students and mental health professionals become culturally sensitive
- Discusses how clients manage day to day living, and can even thrive despite severe symptoms

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# Counseling Psychology: An Integrated Positive Psychological Approach

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### Editorial Review

#### Review

“At last, a positive, integrative, and culturally contextual approach to counseling to help clients lead meaningful and fulfilling lives...ambitious and exciting...Bravo!”

Dr Puncky Heppner, Curators Professor, College of Education, University of Missouri

“*In Counseling Psychology: An Integrated Positive Psychological Approach*, Ruth Chao provides an engaging and delightful narrative for better incorporation of positive approaches in counseling theories. I heartily recommend this book!”

Glenn E. Good, dean and professor, University of Florida, and author of *Counseling and Psychotherapy Essentials: Integrating Theories, Skills, and Practices*

#### From the Back Cover

*Counseling Psychology: An Integrated Positive Approach* introduces a new dimension in counseling psychology by integrating theories and skills on treatment with positive aspects of diverse groups into a comprehensive and integrative approach; in this way, the book guides readers to enhance clients' positive potential, and attend clients' symptoms and strengths, rather than focusing solely on the treatment of clients' negative symptoms. Previous counseling models can often miss why, how, and how far clients go to successfully manage living. *Counseling* tackles how clients manage day to day living, and how they can thrive despite severe symptoms. Empirical evidence has demonstrated that in failing to acknowledge these issues, current counseling psychology can often fall short of maximizing clients' strength to reduce symptoms and prevent relapses. It can also overlook their critical dimensions of hope, resilience, and stamina, and in turn fail to take an overall perspective. This book includes traditional counseling psychology and positive psychology to comprehensively cover varied theories and then enhance students' integration of different theories in counseling.

Finally, as client populations increasingly diversify, the book's integration of traditional counseling approaches with positive psychology enables counselors to tailor integrative counseling to multicultural clients, helping graduate students and mental health professionals become more culturally sensitive in their practice.

#### About the Author

**Ruth Chu-Lien Chao** is Associate Professor at the University of Denver where she teaches diversity, Psychopathology, counseling theories, and counseling practicum. Dr. Chao is the author of *Multicultural Competencies in Counseling: A Statistical Exploration* (2008) as well as over 60 publications, presentations and book chapters. She was the 2007 recipient of the American Psychological Fund Award and the American Psychological Association Grant Award. In 2005, she received the Outstanding Research Award from the Division 17, APA. Dr. Chao serves as faculty advisor to international scholars from Uzbekistan and Taiwan.

## **Users Review**

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#### **Jennifer Perez:**

Book is to be different for every grade. Book for children until adult are different content. We all know that that book is very important for people. The book Counseling Psychology: An Integrated Positive Psychological Approach had been making you to know about other know-how and of course you can take more information. It is extremely advantages for you. The book Counseling Psychology: An Integrated Positive Psychological Approach is not only giving you more new information but also to get your friend when you really feel bored. You can spend your own personal spend time to read your reserve. Try to make relationship while using book Counseling Psychology: An Integrated Positive Psychological Approach. You never experience lose out for everything should you read some books.

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#### **Shawn Howe:**

As we know that book is essential thing to add our know-how for everything. By a guide we can know everything we wish. A book is a list of written, printed, illustrated or maybe blank sheet. Every year seemed to be exactly added. This book Counseling Psychology: An Integrated Positive Psychological Approach was filled concerning science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading the book. If you know how big good thing about a book, you can experience enjoy to read a reserve. In the modern era like now, many ways to get book that you just wanted.

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