



Career Counseling: Holism, Diversity, and Strengths

By Norman C. Gysbers, Mary J. Heppner, Joseph A. Johnston

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The latest edition of this bestseller presents a holistic, strengths-based, and theoretically sound model of career development and the career counseling process that will help counselors and psychologists to update and expand their existing knowledge and skills. Useful for professionals-in-training and experienced clinicians, the career counseling process outlined in this text is both practitioner-friendly and effective with clients of all ages and circumstances. Practical strategies designed specifically to assist clients in reaching their goals and resolving their concerns are presented throughout the book.

Significant attention is placed on expanding the career options and empowering the life choices of women; men; racial and ethnic minorities; gay, lesbian, bisexual, and transgender clients; clients from diverse socioeconomic backgrounds; and individuals with disabilities. Additional topics discussed include traditional and postmodern career theories and approaches, forming a productive alliance with the client, effective use of assessment inventories and instruments, helping clients respond to changes in the workplace and family life, working with resistant clients, developing client action plans, and bringing closure to the career counseling process. A new chapter titled "Using Social Media in Career Counseling" rounds out this exceptional publication.

Features:

Three carefully crafted and connected parts, which are organized around a holistic perspective of career development and the career counseling process

A career counseling process based on a life career development perspective, with particular attention to diversity, spirituality, social class, disability, sexual orientation, and gender issues

In-depth presentations of selected techniques and assessment procedures

A framework for integrating postmodern qualitative and traditional quantitative assessment techniques and information directly into the career counseling process

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