



Counseling Psychology: An Integrated Positive Psychological Approach

Ruth Chu-Lien Chao

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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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