



Psychoanalytic Approaches for Counselors (Theories for Counselors)

Frederick Redekop

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Psychoanalytic Approaches for Counselors explores Freud's historical contributions to the theories within this school of thought and demonstrates their practical application in clinical practice today. Using the compelling framework of the common factors approach, the text helps readers consider how both the client's perspective and the interpersonal forces within a helping relationship can shape positive therapeutic outcomes. The text's clinical vignettes, case examples, and discussion of significant updates within the field further highlight the relevance of the psychoanalytic approach to counseling.

Psychoanalytic Approaches for Counselors is part of the SAGE *Theories for Counselors Series* that includes *Cognitive Behavioral Approaches for Counselors*, by Diane Shea, and *Person-Centered Approaches for Counselors*, by Jeffrey H.D. Cornelius-White.

“Comprehensive in scope, this readable volume both demystifies traditional psychoanalytic theory and describes contemporary advances in analytic thought.” —**Cecile Brennan**, *John Carroll University*

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