



# **Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues**



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## Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues

*Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues* presents an overview of the origins, current practices, and potential future of the discipline of counselling psychology.

- Presents an up-to-date review of the knowledge base behind the discipline of counselling psychology that addresses the notion of human wellbeing and critiques the concept of 'psychopathology'
- Includes an assessment of the contributions that counselling psychology makes to understanding people as individuals, in their working lives, and in wider social domains
- Offers an overview of counselling psychology's contributions beyond the consulting room, including practices in the domain of spirituality, the arts and creative media, and the environmental movement
- Critiques contemporary challenges facing research as well as the role that research methods have in responding to questions about humanity and individual experience



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