

minor attracted person therapy

****Understanding Minor Attracted Person Therapy: Approaches, Challenges, and Support****

minor attracted person therapy is a sensitive and often misunderstood area within mental health care. It concerns therapeutic approaches aimed at individuals who experience sexual attraction to minors but seek help to manage their feelings responsibly without causing harm. This form of therapy is crucial for preventing abuse, supporting mental well-being, and promoting safe, ethical behavior. By exploring what minor attracted person therapy entails, the types of interventions used, and the challenges faced by therapists and clients alike, we can foster a more informed and compassionate understanding of this complex topic.

What Is Minor Attracted Person Therapy?

Minor attracted person therapy refers to psychological support and treatment tailored specifically for individuals who identify as being sexually attracted to minors. The goal is not to affirm or encourage harmful behavior but to help clients manage their attractions in ways that avoid offending and protect both themselves and others. This therapy often focuses on self-control techniques, coping strategies, and addressing any underlying issues such as anxiety, depression, or trauma.

The Importance of Early Intervention

One of the key aspects of minor attracted person therapy is early intervention. People who recognize their attractions and seek help before causing harm can benefit greatly from supportive, nonjudgmental counseling. Early intervention may reduce the risk of offending behaviors by providing tools for emotional regulation and decision-making.

Therapeutic Approaches and Techniques

Therapists working with minor attracted persons utilize a variety of evidence-based approaches. These methods focus on ethical management of attractions, mental health support, and prevention.

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy is often employed to help clients identify and change harmful thought patterns. For minor attracted persons, CBT might focus on challenging distorted beliefs, developing healthy coping mechanisms, and creating personalized relapse prevention plans. This therapy helps individuals recognize triggers and practice responses that reduce the risk of acting on their attractions.

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy encourages clients to accept their feelings without judgment while committing to values-based behavior. For many, managing attraction without shame or denial is an important step. ACT helps individuals build psychological flexibility and resilience, promoting healthier ways to live alongside challenging emotions.

Support Groups and Peer Networks

In addition to one-on-one therapy, support groups provide a safe environment for sharing experiences and strategies. Peer networks can reduce isolation and stigma, which are common among minor attracted persons. These groups often emphasize accountability and encouragement to maintain non-offending behavior.

Challenges in Minor Attracted Person Therapy

Therapists and clients face unique challenges in this area, influenced by societal stigma, legal considerations, and ethical dilemmas.

Stigma and Confidentiality Concerns

One of the biggest barriers to seeking therapy is the intense stigma surrounding attraction to minors. Many individuals fear judgment, ostracism, or legal consequences, leading to reluctance in disclosing their feelings. Therapists must carefully balance confidentiality with mandatory reporting laws, ensuring that clients feel safe while also protecting potential victims.

Legal and Ethical Boundaries

Mental health professionals must navigate a complex landscape of laws related to child protection, mandatory reporting, and client confidentiality. They are ethically obligated to prevent harm, which can sometimes conflict with therapeutic trust. This delicate balance requires clear communication and adherence to professional guidelines.

Limited Resources and Training

Another challenge is the relative scarcity of specialized training and resources for therapists working with minor attracted persons. Many clinicians are not prepared to address this population's unique needs, which can limit access to quality care. Increasing professional education and developing specialized programs remains crucial.

Supporting Mental Health Beyond Attraction Management

Minor attracted person therapy is not solely about managing attraction; it also addresses broader mental health needs. Many individuals in this group experience depression, anxiety, loneliness, or trauma, which therapy can help alleviate.

Addressing Co-Occurring Disorders

It's common for minor attracted persons to struggle with co-occurring mental health disorders. Effective therapy will include screening and treatment for issues like substance abuse, mood disorders, or post-traumatic stress. Treating these conditions holistically supports overall well-being and reduces risk factors related to offending.

Building Healthy Relationships and Social Skills

Therapists often work to improve clients' social functioning and interpersonal skills. Developing healthy relationships with consenting adults can provide emotional fulfillment and reduce feelings of isolation. Social support networks are powerful protective factors in maintaining non-offending behavior.

How Society Can Help Facilitate Effective Therapy

Creating an environment where minor attracted persons can seek help without fear is essential for public safety and individual well-being.

Reducing Stigma Through Education

Public education campaigns can promote awareness and reduce misconceptions about minor attracted persons who seek therapy. Understanding that therapy aims to prevent harm rather than condone attraction can encourage more people to come forward and get help.

Expanding Access to Specialized Services

Healthcare systems and policymakers can support expanded access to specialized therapy programs. This may include funding for training clinicians, developing confidential helplines, and integrating services into existing mental health frameworks.

Encouraging Ethical Media Representation

Media portrayal plays a powerful role in shaping public opinion. Responsible reporting and storytelling that differentiate between attraction and offending behavior can help foster a more nuanced and helpful dialogue.

Final Thoughts on Minor Attracted Person Therapy

Minor attracted person therapy occupies a challenging but vital niche in mental health care. It requires compassion, professionalism, and a commitment to ethical practice. By providing safe, effective support to individuals experiencing these attractions, therapy can help prevent abuse, promote mental health, and contribute to safer communities. Understanding the complexities and embracing informed, stigma-free approaches will pave the way for better outcomes for all involved.

Frequently Asked Questions

What is minor attracted person therapy?

Minor attracted person therapy is a specialized form of psychological treatment aimed at helping individuals who experience sexual attraction to minors manage their feelings in a healthy, non-offending way and reduce the risk of harmful behavior.

Is therapy effective for minor attracted persons?

Therapy can be effective for minor attracted persons by providing coping strategies, emotional support, and behavior management techniques that help prevent offending and promote healthier thought patterns.

What approaches are used in therapy for minor attracted persons?

Therapeutic approaches often include cognitive-behavioral therapy (CBT), mindfulness, relapse prevention strategies, and sometimes medication to manage impulses and improve emotional regulation.

Can minor attracted persons seek therapy anonymously?

In some regions, anonymous or confidential therapy services are available to encourage minor attracted persons to seek help without fear of legal consequences or social stigma.

What are the goals of therapy for minor attracted persons?

The primary goals are to prevent harmful behavior, reduce distress related to attraction, improve coping mechanisms, and promote lawful, healthy living.

Are therapists specially trained to work with minor attracted persons?

Yes, some therapists undergo specialized training to ethically and effectively work with minor attracted

persons, focusing on harm prevention and mental health support.

Is therapy for minor attracted persons legal and ethical?

Yes, therapy aimed at preventing harm and supporting mental health is both legal and ethical, provided it does not endorse or facilitate illegal behavior.

How can family members support someone undergoing minor attracted person therapy?

Family members can offer emotional support, encourage consistent therapy attendance, and help create a safe, non-judgmental environment for the individual.

Are there online therapy options for minor attracted persons?

Yes, many therapists and organizations offer online therapy or support groups to provide accessible help while maintaining privacy and safety.

What challenges exist in minor attracted person therapy?

Challenges include overcoming stigma, building trust, addressing shame and guilt, and ensuring therapy focuses on harm prevention without enabling illegal acts.

Additional Resources

Minor Attracted Person Therapy: Navigating Complexities in Mental Health Treatment

minor attracted person therapy represents a highly sensitive and complex area within the field of mental health treatment. As societal awareness and discourse around sexual attraction to minors evolve, the clinical approaches aimed at helping individuals who identify as minor attracted persons (MAPs) have become increasingly nuanced and debated. This form of therapy focuses on managing attractions that are socially and legally condemned, with the overarching goal of preventing harm and

promoting psychological well-being. Understanding the frameworks, ethical considerations, and therapeutic interventions in minor attracted person therapy is essential for mental health professionals, policymakers, and society at large.

The Landscape of Minor Attracted Person Therapy

Minor attracted person therapy is designed to address the psychological needs of individuals who experience sexual or romantic attraction to minors but may not have engaged in any illegal or abusive behavior. Unlike therapies for convicted offenders, this therapeutic niche often seeks to provide support before any criminal activity occurs, emphasizing prevention and self-control. The importance of early intervention cannot be overstated, as untreated distress or secrecy can increase the risk of harmful actions.

The primary challenge in this therapeutic domain stems from the dual necessity of maintaining rigorous ethical standards while providing compassionate, nonjudgmental care. Therapists must navigate the fine line between supporting clients' mental health and ensuring public safety. This complexity is compounded by the stigma and misunderstanding that surround minor attraction, which can isolate clients and hinder access to professional help.

Defining Minor Attraction and Its Clinical Implications

Minor attraction, clinically referred to by some as pedophilic disorder when it causes distress or impairment, differs from criminal sexual behavior. Not all individuals who experience attraction to minors engage in illegal acts, making the distinction critical for therapeutic purposes. Recognizing this, mental health professionals emphasize tailored interventions that focus on managing impulses, addressing co-occurring mental health issues, and fostering coping strategies.

The clinical community debates the terminology and diagnostic criteria, as reflected in the DSM-5 and ICD-11 manuals. The DSM-5 defines pedophilic disorder based on the presence of distress or

behavioral symptoms, while acknowledging that attraction alone does not constitute a disorder. This distinction shapes treatment goals, which may range from symptom reduction to complete abstinence from illegal behavior.

Therapeutic Approaches and Techniques

Minor attracted person therapy employs a variety of evidence-informed techniques, often integrating cognitive-behavioral therapy (CBT), acceptance and commitment therapy (ACT), and psychodynamic methods. Each approach offers unique advantages depending on the client's needs and treatment goals.

Cognitive-Behavioral Therapy (CBT)

CBT is widely regarded as a cornerstone in managing unwanted sexual attractions. Therapists work with clients to identify and challenge harmful thought patterns, develop healthier coping mechanisms, and learn impulse control strategies. Techniques such as relapse prevention and cognitive restructuring are instrumental in reducing the risk of offending behaviors. CBT's structured format enables measurable outcomes, which is crucial for ongoing assessment.

Acceptance and Commitment Therapy (ACT)

ACT encourages clients to accept their thoughts and feelings without judgment, while committing to behaviors aligned with their values. For minor attracted persons, this can mean acknowledging attraction without acting on it in harmful ways. ACT's emphasis on mindfulness and psychological flexibility helps clients cultivate resilience and reduce shame, which is often a barrier to seeking therapy.

Psychodynamic Therapy

Some therapists incorporate psychodynamic approaches to explore underlying emotional conflicts and developmental histories that may contribute to the individual's attractions or distress. This method can provide deeper insight into identity, trauma, and relational patterns, supporting long-term emotional healing.

Challenges in Providing Effective Therapy

Therapists face numerous obstacles when delivering minor attracted person therapy. Stigma and fear of legal repercussions can prevent clients from disclosing their attractions or seeking help, resulting in isolation and increased risk. Confidentiality concerns further complicate the therapeutic relationship, especially regarding mandatory reporting laws.

The scarcity of specialized training and resources for clinicians is another significant challenge. Few mental health programs address minor attraction explicitly, leading to a knowledge gap that can compromise care quality. Additionally, public misunderstanding and media sensationalism contribute to an environment where therapeutic efforts are scrutinized or dismissed.

Ethical and Legal Considerations

Balancing client confidentiality with the duty to protect vulnerable populations is a critical ethical dilemma. Therapists must navigate mandatory reporting laws that vary by jurisdiction, which may require breaching confidentiality if a client poses an imminent risk. Clear communication about these limits at the outset of therapy is essential to maintain trust.

Ethical practice also demands nonjudgmental attitudes and respect for client dignity, even when societal views are overwhelmingly negative. This approach fosters engagement and reduces barriers

to treatment, supporting prevention efforts.

Support Systems and Preventative Measures

Beyond individual therapy, comprehensive support systems for minor attracted persons play a vital role in prevention. Peer support groups, online resources, and community programs provide additional layers of assistance. Some organizations advocate for destigmatization to encourage voluntary treatment-seeking before any offense occurs.

Educational initiatives aimed at mental health professionals enhance awareness and competence in dealing with minor attraction. Training programs that incorporate the latest research and ethical guidelines improve therapeutic outcomes and client safety.

Comparing Treatment Models Worldwide

Different countries adopt varied approaches based on cultural, legal, and healthcare system factors. For instance, Germany and the Netherlands have pioneered anonymous helplines and prevention programs like “Don’t Offend,” which offer confidential counseling without fear of prosecution. These models emphasize early intervention and harm reduction.

In contrast, some jurisdictions adopt a more punitive stance, limiting therapy accessibility for minor attracted persons, which may inadvertently increase risks by driving individuals underground. Evaluating these models highlights the importance of balancing public safety with compassionate care.

The Future of Minor Attracted Person Therapy

Emerging research continues to shed light on the neurobiological and psychological underpinnings of

minor attraction, potentially informing more effective therapeutic interventions. Advances in digital technology also offer new platforms for confidential support and monitoring.

Collaboration between mental health experts, legal authorities, and advocacy groups is crucial for developing policies that uphold human rights while protecting children. As dialogue around minor attracted person therapy expands, it fosters a more informed, evidence-based approach that prioritizes both prevention and treatment.

Minor attracted person therapy remains a deeply challenging yet essential component of contemporary mental health practice. By advancing understanding, refining clinical methods, and addressing stigma, the field moves closer to offering effective support that safeguards individuals and society alike.

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minor attracted person therapy: *Das tabuisierte eine Prozent: Pädophilie erkennen und behandeln* Klaus M. Beier, Maximilian von Heyden, 2025-09-08 Bis zu 1% der männlichen Bevölkerung ist pädophil erregbar, das ist die geschätzte Häufigkeit auf der Basis bisher erhobener Daten. Das betrifft in Deutschland 250.000 bis 300.000 Männer und entspricht etwa der Anzahl an Parkinson Erkrankter. Für psychosoziale Fachkräfte bedeutet dies, dass sie mit Pädophilie viel häufiger konfrontiert sind, als sie glauben. Gleichzeitig haben viele psychosoziale Fachkräfte stigmatisierende Einstellungen gegenüber der sexuellen Präferenz Pädophilie und verfügen aufgrund dieser Ablehnung über unzureichende Kenntnis zum adäquaten Umgang mit hilfesuchenden Personen. Das Buch will aufklären. Es richtet sich an Fachkräfte aus den Bereichen Psychotherapie, Medizin, Sozialpädagogik und Seelsorge. Es bietet eine umfassende und anwendungsbezogene Aufarbeitung der Theorien und Praktiken im Umgang mit der pädophilen Störung. Es umfasst Themen wie Diagnose, Behandlungsansätze, ethische Überlegungen, Kommunikationsstrategien und Stigma-Management. Praxisnahe Beispiele und Fallstudien veranschaulichen die Inhalte. Die didaktische Aufbereitung ist durch jahrzehntelanges therapeutisches Arbeiten und Weiterbildungserfahrung fundiert und auf die Bedürfnisse von Fachkräften ausgerichtet. Das Buch leistet einen wichtigen Beitrag zur Ausbildung und Sensibilisierung von Fachkräften im Umgang mit pädophilen Personen und fördert ein professionelles Umfeld, das der Störung sowohl aus Sicht der Betroffenen als auch im Sinne des Kinderschutzes bestmöglich gerecht wird.

minor attracted person therapy: *Handbook for Human Sexuality Counseling* Angela M.

Schubert, Mark Pope, 2022-09-20 Sexuality is a significant part of the human experience, yet it is often a neglected topic in both counselor training and the counseling process. In this preeminent guide, expert clinicians with a variety of mental health and medical backgrounds write on diverse issues related to sexuality through a radical acceptance lens. Each chapter illustrates an affirmative and expansive approach to sexuality that considers clients' sexual and cultural identities and emphasizes sexual wellness. Students and professionals alike will learn how to respectfully and ethically approach sexuality considerations not commonly mentioned in the professional literature, such as sexuality and disability, healing after sexual violence, older adult sexuality, the impact of chronic illness on sexual expression, and paraphilias. The text is organized around eight comprehensive parts- Foundations; Physiological and Psychological; Attraction, Orientation, and Gender; Sexual Wellness; Sexual Agency; Approaches to Sexual Divergence; Relationships; and Education- with case examples, Questions You Always Wanted to Ask, and additional resources interwoven throughout.

minor attracted person therapy: Best Practices in Sexual Offender Assessment and Management Ruth J. Tully, Greg Bohall, David S. Prescott, 2025-05-14 This book provides a critical examination of assessment and treatment approaches for sexual offending, presenting cutting-edge insights from leading experts in evidence-based management of sexual deviance. It offers a systematic overview of the empirical literature and multifaceted research into clinical and criminal aspects, addressing gaps and advancements in public health and policy responses. The volume explores sex offender classification systems, risk assessment for recidivism, psychotherapeutic and pharmacological interventions, and the clinical and criminal correlates of common paraphilias. Special focus is given to best practices tailored for unique populations, making this an essential reference for clinical psychologists, correctional professionals, and students and researchers of sexual offenses.

minor attracted person therapy: Sexueller Kindesmissbrauch und Missbrauchsabbildungen in digitalen Medien Rita Steffes-enn, Nahlah Saimeh, Peer Briken, 2023-12-15 Seit Jahren lässt sich ein kontinuierlicher, erheblicher Anstieg von Konsum, Herstellung und Verbreitung von Missbrauchsabbildungen in den digitalen Medien verzeichnen. Im Strafgesetzbuch wird diese Deliktform weiterhin als „Kinderpornographie“ bezeichnet. 2021 kam es zu einer maßgeblichen Verschärfung des Sexualstrafrechts in diesem Bereich, die zu einem weiteren Anstieg der Helffeld-Kriminalität und damit zu einer beträchtlichen Zunahme von Aufgaben in der Begutachtung, dem Risk Assessment und der Therapie führte. Sexueller Kindesmissbrauch in digitalen Medien ist jedoch nicht allein auf Missbrauchsabbildungen begrenzt. So widmet sich das Buch unter anderem auch den Themen Kinderhandel, Erwerb sog. Kindersexpuppen, technische Besonderheiten, Folgen für Betroffene sowie Strukturen und Vernetzungen in der Online-Szene. Das Buch vermittelt aktuell auf breiter Basis die Expertise für Begutachtung, Risk Assessment sowie die Optionen und Methoden für Prävention und Intervention inkl. Hilfsangebote für Täterinnen und Täter und Betroffene.

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minor attracted person therapy: The Oxford Handbook of Criminology Alison Liebling, Shadd Maruna, Lesley McAra, 2023 With contributions from leading authorities, this is the definitive guide to current criminological theory, research, and policy. The Oxford Handbook of Criminology provides a comprehensive collection of chapters covering the core and emerging topics studied on criminology courses, indispensable to students, academics, and professionals alike. 43 chapters written by over 85 leading academics exploring relevant theory, cutting-edge research, policy developments, and current debates, encouraging students to appreciate the diverse and interdisciplinary nature of criminological discourse. Includes detailed references to aid further research. Chapters updated to reflect recent cases, statistics, and scholarship, as well as significant current events such as Covid-19 and social justice movements. New chapters added presenting research on topical issues including victimology, hate crime, desistance, cybercrime, atrocity crimes, convict criminology, security and smart cities, prison abolitionism, comparative criminology, sex offending, and network criminology. Digital formats and resources The seventh edition is available for students and institutions to purchase in a variety of formats, and is supported by online resources. The e-book offers a mobile experience and convenient access along with functionality tools, navigation features and links that offer extra learning support: www.oxfordtextbooks.co.uk/ebooks. The accompanying online resources include essay questions and links to useful websites for each chapter, along with guidance on answering essay questions and access to chapters from previous editions.

minor attracted person therapy: Offenders and the Sexual Abuse of Children James A. Cates, 2024-11-22 This book synthesizes the nascent but growing body of literature and research emerging on risk management and treatment of persons who sexually offend against children. This volume demonstrates the need for change by placing current attitudes toward sexual offending in their sociocultural context and then discussing the impact of these attitudes. Rather than parse the needs of children who have been victimized from those who have offended, a model emerges that explains the interlocking dynamics of those who offend and those offended against. This book upends the convenient fiction that child sexual abuse can be reduced by locking away those who offend and then monitoring them upon release. Rather, the book addresses the need for ongoing interaction of the two populations; the reality that the two populations at times overlap; and the increasingly public question of how to manage those who acknowledge an attraction to children but deny an intent to act on that desire. Providing alternative viewpoints, research avenues, and policy options that can accommodate a more realistic effort to reduce the risk of sexual abuse, it is a must read for all policymakers or professionals working with those who have offended or acknowledge attraction to children, alongside students and researchers from forensic psychology, clinical psychology, or criminology backgrounds.

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known about unconventional sexual interests. It is based on approximately thirty years of experience by the author concerning the assessment and treatment of paraphilias and unconventional sexual interests. *The Paraphilias: Changing Suits in the Evolution of Sexual Interest Paradigms* examines current and past perspectives concerning unconventional sexual interests associated with both criminal and non-criminal activities. Extensively referenced, it challenges the dogma that sexual interests are immutably determined during a single critical period and are thereafter unchangeable. The book provides extensive case histories and tables summarizing over 100 paraphilias and the latest research regarding them. It also reviews diagnostic criteria for the paraphilias. Analyses of current and past paradigms are presented together with new ways to understand, investigate, and provide meaningful and effective assistance to people with paraphilias. It is written for mental health clinicians and specialists in the fields of sexology and forensic psychiatry and psychology.

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minor attracted person therapy: *Working with Sexual Attraction in Psychotherapy Practice and Supervision* Biljana Rijn, Jasenka Lukac-Greenwood, 2020-07-29 *Working with Sexual Attraction in Psychotherapy Practice and Supervision* addresses some of the challenges associated with sexual attraction in psychotherapy practice and supervision, as well as within services, and helps therapists, supervisors, and managers to navigate them with openness and self-reflection. The book focuses on practical and applied issues, using a relational humanistic-integrative theoretical approach as a backdrop for understanding. Split into three parts, it deals with issues related to clinical practice, supervision and ethical issues. Chapters support in-depth exploration in all three arenas of practice and are completed by editors providing a reflective summary. Enriched with case examples and research written by senior relational practitioners, the book will be beneficial to therapists, supervisors, and service managers in the field of psychotherapy.

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resilience and commitment to living without offending and to supporting and educating others. Using data from interview-based research, A Long, Dark Shadow offers a crucial account of the lived experiences of this hidden population.

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minor attracted person therapy: Pedophilia, Hebephilia and Sexual Offending against Children Klaus M. Beier, 2021-03-08 This book provides extensive information on pedophilia (sexual interest in the prepubescent body age), hebephilia (sexual interest in the early-pubescent body age) and sexual offenses against children, i.e., the various forms of child sexual abuse, including the use of child sexual abuse images, along with the current state of knowledge concerning offender groups. The book makes it clear that pedophilia or hebephilia do not inevitably lead to offenses against children - that there are those who keep their desires in their fantasies and do not act them out on the behavioral level. The World Health Organization classifies pedophilia as a mental disorder. It can be safely assumed that many pedophile men in a given community live their lives, unrecognized and

adamant about hiding their sexual drives from society and from themselves, and who are genuinely motivated not to act upon their sexual fantasies. The numbers of exactly this particular group of pedophilically inclined non-offenders can be increased by preventive therapeutic measures. For this purpose, two treatment programs have been developed at the Institute of Sexology and Sexual Medicine at the Charité-Universitätsmedizin Berlin (University Clinic) since the initiation of the Prevention Project Dunkelfeld in 2005 – First, the project involving adult participants (Berlin Dissexuality Therapy: BEDIT) and later, another for adolescents (BEDIT-A), who find themselves attracted to children. Both program manuals are completely integrated into this work, which reflects 15 years of assessment and treatment experience.

minor attracted person therapy: The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader the “who, what, where, how, and why” of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats. Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books, journals, and organizations guide students to further resources beyond the encyclopedia. The Reader’s Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

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