

Fourth Edition

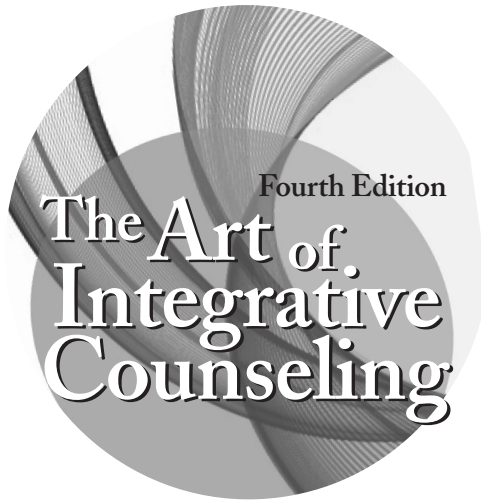
# The Art of Integrative Counseling

Gerald Corey



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*To the many students I have had the privilege to know and to teach.*





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## Preface

In my books dealing with the theory and practice of counseling, I devote specific chapters to presenting an integrative approach to counseling practice and a case example of the application of my integrative perspective. *The Art of Integrative Counseling* is basically an extension of these chapters and is aimed at helping readers conceptualize the various dimensions of an integrative perspective.

### **About the Fourth Edition of *The Art of Integrative Counseling***

*The Art of Integrative Counseling* has special relevance for graduate students and new professionals, especially for those who are interested in applying counseling theories to practice . . . and for those interested in understanding how they can develop their own integrative approach to the practice of counseling. This book can be used as a supplementary text to a standard theories of counseling book, and it also can be used for courses in advanced counseling practice, counseling techniques, therapeutic procedures, practicum, and internship. This new edition deals with basic concepts and techniques from many contemporary theories, including psychoanalytic therapy, Adlerian therapy, existential therapy, person-centered therapy, Gestalt therapy, psychodrama, reality therapy, behavior therapy, cognitive behavior therapy, solution-focused brief therapy, motivational interviewing, narrative therapy, feminist therapy, and family systems therapy.

One of the trends in the counseling field is the move toward integration of various theoretical systems and approaches to counseling. Most practitioners believe that an integrative approach is a more useful guide to practice than relying on a single theory. Many standard

textbooks are based on an exploration of concepts and techniques from contemporary counseling and psychotherapy theories. However, only a few books are devoted to integrating the best from all of these theoretical models. In this book I strive to do several things: (1) describe the concepts and techniques that I most draw from in my own integrative approach to counseling practice; (2) demonstrate how concepts and techniques can be borrowed from a variety of theoretical models and applied to the counseling process from the initial to termination stages; (3) invite you to imagine that you are a client in counseling with me as I describe my approach to integrative counseling; and (4) suggest ways for you (as a counseling professional) to think about designing your own integrative approach that will serve as a foundation for what you do in your counseling practice. To encourage active learning, I ask you to put yourself in the role of a therapist at times, and to assume the role of a client at other times, as you reflect these topics.

I cannot tell you how to develop a personal integrative style that will work best for you. However, I have provided some guidelines to assist you in the task of considering which key concepts and techniques you might incorporate in your personal therapeutic style. There is no “one right way” to formulate an integrative perspective. From reading and studying this book, I hope you will acquire a framework that can assist you in systematically constructing an integrative counseling approach that works best for the professional you are and for the clients you will serve.

## **What’s New in the Fourth Edition of *The Art of Integrative Counseling*?**

The Fourth Edition of *The Art of Integrative Counseling* has been revised to bring the discussions up to date and to refine existing ideas while retaining the informal, personal style of writing that characterized previous editions. I present key findings from recent research on topics such as the central role of the therapeutic relationship (Chapter 2), the role of client feedback on therapy outcomes (Chapter 3), how addressing diversity is central in an integrative approach to therapy (Chapter 4), evidence-based practice as it applies to working with clients in cognitive, emotive, and behavioral ways (Chapters 6, 7, 8), trends in integrative therapies (Chapter 9), and the future of psychotherapy integration and the role of evidence-based practice (Chapter 12).

Other material new to the Fourth Edition includes an expanded treatment of diversity issues, especially the role of spirituality in counseling practice, coverage on the various forms of diversity, and more emphasis on tailoring psychotherapy to individuals from diverse cultural backgrounds (Chapter 4); a broadened discussion of the dynamics of resistance, along with the importance of respecting and reframing resistance, and more on the stages of change (Chapter 5); new material and expansion of the cognitive behavior approaches,



and how cognitive behavior therapy can provide a foundation for an integrative approach to counseling practice (Chapter 6); new sections on incorporating mindfulness and acceptance-based concepts into an integrative perspective (Chapter 8); an emphasis on flexibility and tailoring treatment to individuals and using motivational interviewing in an integrative approach (Chapter 9); more discussion of understanding the dynamics of transference and countertransference (Chapter 10); understanding the role of the past, present, and future as it pertains to counseling individuals (Chapter 11); more emphasis on solution-focused brief therapy and narrative therapy (Chapters 4, 9, 11); and an expanded discussion on termination including the use of therapist's letters, and relapse prevention strategies to help clients deal with setbacks that occur after the end of therapy sessions (Chapter 12). All of the chapters have been carefully examined to determine how the topics fit with contemporary integrative approaches, and I have given particular attention to trends in the psychotherapy integration movement.





## About the Author



**Gerald Corey, EdD**, is professor emeritus of Human Services and Counseling at California State University at Fullerton. He received his doctorate in counseling from the University of Southern California. He is a Diplomate in Counseling Psychology, American Board of Professional Psychology; a licensed psychologist; and a National Certified Counselor. He is a Fellow of the American Psychological Association (Division 17, Counseling Psychology, and also Division 49, Group Psychotherapy); a Fellow of the American Counseling Association; and a Fellow of the Association for Specialists in Group Work. He also holds memberships in the American Psychological Association; the American Counseling Association; the Association for Specialists in Group Work; the American Group Psychotherapy Association; the American Mental Health Counselors Association; the Association for Spiritual, Ethical, and Religious Values in Counseling; the Association for Counselor Education and Supervision; and the Western Association of Counselor Education and Supervision. Both Jerry and Marianne Corey received the Lifetime Achievement Award from the American Mental Health Counselors Association in 2011, and both of them received the Eminent Career Award from ASGW in 2001. Jerry was given the Outstanding Professor of the Year Award from California State

University at Fullerton in 1991. He regularly teaches both undergraduate and graduate courses in group counseling and ethics in counseling at California State University, Fullerton. He is the author or coauthor of 16 textbooks in counseling currently in print, along with more than 60 journal articles and book chapters. Several of his books have been translated into other languages. *Theory and Practice of Counseling and Psychotherapy* has been translated into Arabic, Indonesian, Portuguese, Turkish, Korean, and Chinese. *Theory and Practice of Group Counseling* has been translated into Korean, Chinese, Spanish, and Russian.

During the past 40 years Jerry and Marianne Corey have conducted group counseling training workshops for mental health professionals at many universities in the United States as well as in Canada, Mexico, China, Hong Kong, Korea, Germany, Belgium, Scotland, England, and Ireland. In his leisure time, Jerry likes to travel, hike and bicycle in the mountains and the desert, and drive his grandchildren and friends in his 1931 Model A Ford. Marianne and Jerry have been married since 1964. They have two adult daughters (Heidi and Cindy), two granddaughters (Kyla and Keegan), and one grandson (Corey).

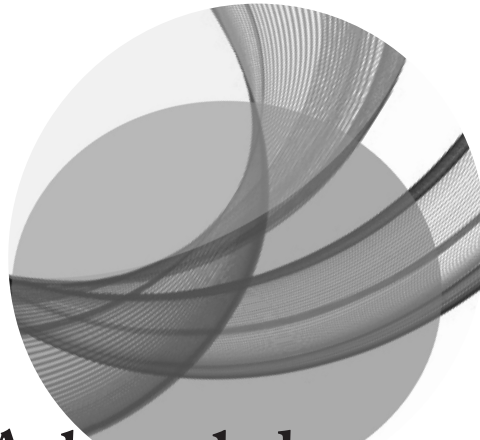
Gerald Corey has six books that are published by the American Counseling Association. In addition to the Fourth Edition of *The Art of Integrative Counseling* (2019), Jerry is coauthor (with Michelle Muratori, Jude Austin, and Julius Austin) of *Counselor Self-Care* (2018); he is coauthor (with Barbara Herlihy) of *Boundary Issues in Counseling: Multiple Roles and Responsibilities*, Third Edition (2015) and *ACA Ethical Standards Casebook*, Seventh Edition (2015); he is coauthor (with Robert Haynes, Patrice Moulton, and Michelle Muratori) of *Clinical Supervision in the Helping Professions: A Practical Guide*, Second Edition (2010); and he is the author of *Creating Your Professional Path: Lessons From My Journey* (2010).

Other publications by Gerald Corey, all with Cengage Learning, include:

- *Issues and Ethics in the Helping Professions*, Tenth Edition (2019, with Marianne Schneider Corey and Cindy Corey). This work has been translated into Japanese, Chinese, and Korean.
- *Groups: Process and Practice*, Tenth Edition (2018, with Marianne Schneider Corey and Cindy Corey)
- *I Never Knew I Had a Choice*, Eleventh Edition (2018, with Marianne Schneider Corey and Michelle Muratori)
- *Theory and Practice of Counseling and Psychotherapy*, Tenth Edition (and *Student Manual*) (2017)
- *Theory and Practice of Group Counseling*, Ninth Edition (and *Student Manual*) (2016)
- *Becoming a Helper*, Seventh Edition (2016, with Marianne Schneider Corey)
- *Group Techniques*, Fourth Edition (2015, with Marianne Schneider Corey, Patrick Callanan, and J. Michael Russell)
- *Case Approach to Counseling and Psychotherapy*, Eighth Edition (2013)

He has also made several educational DVD programs on various aspects of counseling practice: (1) Group video to accompany *Theory and Practice of Group Counseling* (2019); (2) *Ethics in Action: DVD and Workbook* (2015, with Marianne Schneider Corey and Robert Haynes); (3) *Groups in Action: Evolution and Challenges DVD and Workbook* (2014, with Marianne Schneider Corey and Robert Haynes); (4) DVD for *Theory and Practice of Counseling and Psychotherapy: The Case of Stan and Lecturettes* (2013); (5) DVD for *Integrative Counseling: The Case of Ruth and Lecturettes* (2013, with Robert Haynes); and (6) DVD lecturettes to accompany *Theory and Practice of Group Counseling* (2012). All of these video programs are available through Cengage Learning.





## Acknowledgments

I am indebted to those who reviewed this book and provided me with constructive input for the Fourth Edition. I especially want to recognize Jim Bitter of East Tennessee State University, who added material to most of the chapters and critiqued all of the cases. Jim and I had frequent and productive discussions on what material to add and what to revise to bring the book in line with current developments. Robert Haynes, a clinical psychologist and a former director of training and supervising interns at a state mental hospital, reviewed all the new material in this edition as well as the cases. He has reviewed all of the past editions, and his insights have provided continuity in the evolution of this book. Marianne Schneider Corey read and critiqued the entire manuscript as well as editing the cases. Kellie Kirksey, of the Cleveland Clinic Center for Integrative and Lifestyle Medicine, created the case of Gwen and provided ideas for working with Gwen from an integrative perspective. Michelle Muratori, of Johns Hopkins University, worked with me on updating the cases of Rita, Kelsey, Elaine, Shante, Bonnie, Tricia, and Chelsea. Jamie Bludworth, of Arizona State University, and I have presented learning institutes at ACA conferences for the past 9 years on counseling theory in practice. We have had frequent discussions on ways to integrate various approaches, and he contributed to the development of the cases of Joleen, Aaron, Andrew, and Charles. I appreciate the consultation with Debbie Joffe Ellis, a key figure in rational emotive behavior therapy, on the cognitive behavioral presentation and the case of Marissa. Jude Austin, of the University of Mary Hardin-Baylor, developed the case of Sidney. Julius Austin, of the University of Louisiana at Monroe, developed the case of Win-May. I have enjoyed my many discussions on applying theory to practice with both Jude and Julius Austin. Amy Manfrini, of

California State University at Fullerton, contributed to the cases of Lani and Rob and Rico. Randy Alle-Corliss and I have been coteaching for years, and we worked collaboratively in designing and revising the cases of Chet and Jasper. My former students Nicholas Lazzareschi and Jeff Markow reviewed the manuscript and provided suggestions that were incorporated in the final manuscript. Special recognition goes to Amanda Connell, a valued colleague with whom I coteach a group class at California State University at Fullerton, who critiqued the entire manuscript and assisted in revising many of the cases. All who reviewed the manuscript gave particular attention to the cases and made suggestions that I used as I developed these cases. Presenting these cases was truly a collaborative endeavor.

Special appreciation goes to Carolyn Baker, the associate publisher at the American Counseling Association. Carolyn contributed her expertise by reviewing the entire manuscript, providing insightful comments on content issues and suggestions for consistency in style, and offering support throughout the revision process. A special note of thanks goes to the manuscript editor, Kay Mikel, who made sure the presentation was clear, practical, personal, and effective. A book such as this is truly a team effort, and both Carolyn and Kay are key people on this team.

—*Gerald Corey*