

GERALD
COREY

Case Approach to
Counseling
and Psychotherapy

Eighth Edition

CONTENTS

PREFACE xvii

- 1 Introduction and Overview 1**
- Structure of the Book 1
 - Overview of the Therapeutic Perspectives 4
 - Perspectives on Assessment 10
 - Therapeutic Goals 18
 - The Case of Ruth 20
 - What to Look for in the Theory Chapters 29
 - Questions for Reflection 29
 - Notes 30
- 2 Case Approach to Psychoanalytic Therapy 31**
- General Overview of Psychoanalytic Therapy 31
 - A Psychoanalytic Therapist's Perspective on Ruth, by William Blau, PhD 32
 - Jerry Corey's Work With Ruth From a Psychoanalytic Perspective 43
 - Questions for Reflection 48
 - Notes 49
- 3 Case Approach to Adlerian Therapy 50**
- General Overview of Adlerian Therapy 50
 - An Adlerian Therapist's Perspective on Ruth, by James Robert Bitter, EdD, and William G. Nicoll, PhD 51

Jerry Corey's Work With Ruth From an Adlerian Perspective 67
Questions for Reflection 71
Notes 72

4 Case Approach to Existential Therapy 74

General Overview of Existential Therapy 74
An Existential Therapist's Perspective on Ruth,
by J. Michael Russell, PhD, PsyD 74
Jerry Corey's Work With Ruth From an Existential Perspective 83
Questions for Reflection 87
Notes 88

5 Case Approach to Person-Centered Therapy 89

General Overview of Person-Centered Therapy 89
A Person-Centered Therapist's Perspective on Ruth,
by David J. Cain, PhD, ABPP, CGP 90
Jerry Corey's Work With Ruth From a Person-Centered Perspective 103
Questions for Reflection 107
Notes 108

6 Case Approach to Gestalt Therapy 110

General Overview of Gestalt Therapy 110
A Gestalt Therapist's Perspective on Ruth,
by Jon Frew, PhD, ABPP 110
Jerry Corey's Work With Ruth From a Gestalt Perspective 117
Questions for Reflection 123
Notes 123

7 Case Approach to Behavior Therapy 125

General Overview of Behavior Therapy 125
A Multimodal Behavior Therapist's Perspective on Ruth,
by Arnold A. Lazarus, PhD, ABPP 126
Another Behavior Therapist's Perspective on Ruth,
by Sherry Cormier, PhD 134
Jerry Corey's Work With Ruth From a Behavioral Perspective 146
Questions for Reflection 151
Notes 152

8 Case Approach to Cognitive Behavior Therapy 154

- General Overview of Cognitive Behavioral Approaches 154
 A Rational Emotive Behavior Therapist's Perspective on Ruth,
 by Albert Ellis, PhD, ABPP 155
 A Cognitive Behavioral Approach to Family Therapy With Ruth,
 by Frank M. Dattilio, PhD, ABPP 165
 Jerry Corey's Work With Ruth From a Cognitive
 Behavioral Perspective 177
 Questions for Reflection 181
 Notes 182

9 Case Approach to Reality Therapy 183

- General Overview of Reality Therapy 183
 A Reality Therapist's Perspective on Ruth,
 by William Glasser, MD 184
 Another Reality Therapist's Perspective on Ruth,
 by Robert E. Wubbolding, EdD 188
 Jerry Corey's Work With Ruth From a Reality
 Therapy Perspective 196
 Questions for Reflection 199
 Notes 200

10 Case Approach to Feminist Therapy 201

- General Overview of Feminist Therapy 201
 A Feminist Therapist's Perspective on Ruth, by Kathy M. Evans, PhD,
 Susan R. Seem, PhD, and Elizabeth A. Kincade, PhD 202
 Jerry Corey's Work With Ruth From a Feminist Perspective 217
 Questions for Reflection 223
 Notes 224

11 Case Approach to Postmodern Approaches 225

- General Overview of Postmodern Approaches 225
 A Client-Directed, Solution-Focused Brief
 Therapist's Perspective on Ruth, by John J. Murphy, PhD 225
 A Narrative Therapist's Perspective on Ruth,
 by Gerald Monk, PhD 237

Narrative Therapy: A Remembering Conversation with
Ruth, by John Winslade, PhD 252

Jerry Corey's Work With Ruth From a Postmodern
Perspective: A Commentary 261

Questions for Reflection 263

Notes 264

12 Case Approach to Family Therapy 266

General Overview of Family Systems Therapy 266

A Family Systems Therapist's Perspective on Ruth,
by Mary E. Moline, PhD, Dr.PH, and James
Robert Bitter, EdD 267

Questions for Reflection 288

Notes 289

13 Counseling Ruth from Multicultural Perspectives 290

Introduction 290

Ruth as a Latina: An Integrative Culturally Grounded
Perspective, by Andrés J. Consoli, PhD, Robert C. Chope, PhD,
and Melissa L. Morgan, PhD 291

Ruth as an Asian American: A Multicultural Integrative
Perspective, by Grace A. Chen, PhD, and Alvin N.
Alvarez, PhD 298

Ruth as an African American: A Spiritually Focused
Integrative Perspective, by Kellie Kirksey, PhD 307

Jerry Corey's Work With Ruth From a Multicultural Perspective 316

Questions for Reflection 318

Notes 319

14 Integrative Approaches and Developing Your Own Therapeutic Style 320

An Integrative Therapist's Perspective on Ruth,
by John C. Norcross, PhD, ABPP 320

Questions for Reflection 329

Jerry Corey's Integrative Approach to Working With Ruth 330

Concluding Comments 342

How Would You Work With Ruth Using Your Own Approach? 342

An Exercise: Themes in Ruth's Life 344

Notes 345