



Career Counseling (Theories of Psychotherapy)

Mark L. Savickas

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In *Career Counseling*, Mark L. Savickas discusses this practical, postmodern theory and approach.

Career and vocational guidance have existed since the early 20th century, and have centered primarily around interest inventories and ways to match individuals to jobs. Savickas discusses this history, and the theory behind these earlier approaches and then presents a postmodern, 21st century theory of career counseling, a therapeutic form completely different from traditional vocational guidance or career education. This narrative approach, rather than assuming that a person's interests and traits exist a priori and ready to be matched to a particular career, recognizes and privileges the power of the individual to construct his or her own career story.

In this book, Savickas presents and explores this postmodern, practical, and fascinating approach, its theory, history, therapy process, primary change mechanisms, and the empirical basis for its effectiveness.

This essential primer, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling, as well as for seasoned practitioners interested in understanding this approach and how it might be used in their practice.

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