

# Effective Counseling and Psychotherapy

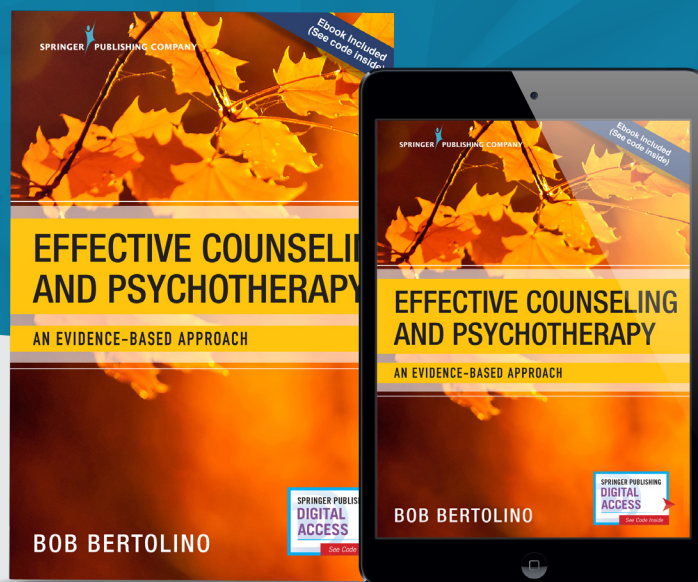
## An Evidence-Based Approach

Bob Bertolino, PhD



### HIGHLIGHTS:

- Describes current research and practice strategies for tracking therapeutic effectiveness
- Provides specific, evidence-based ways to improve the benefit of therapy and therapist effectiveness
- Presents strategies for identifying, evoking, and using client strengths to promote behavioral health
- Delivers proven methods for monitoring client progress
- Includes clinical dialogues, vignettes, sample questions, practice exercises, printable forms, and online resources
- Provides instructor's manual, Power Point slides, test bank, and video component, as well as a free digital ebook



Describes what actually works in therapy and how to achieve it. Grounded in over 50 years of outcome research, this comprehensive textbook focuses on outcomes management and the principles and core strategies for delivering competent and effective therapeutic practice. Applicable to all settings and models, the text illuminates four foundational principles of therapeutic practice: a strengths-based framework, collaborative practice, clinician effectiveness, and routine and ongoing outcome-oriented clinical work.

The book presents strategies for identifying, evoking, and using client strengths to promote behavioral health. It focuses on the importance of client engagement during initial interactions and describes advanced listening and attending strategies for strengthening the clinical alliance. A chapter on Matching and Classes of Interventions examines important processes for increasing client fit and treatment outcome.



INCLUDES FREE  
**EBOOK DOWNLOAD!**



Visit us online to place your order!

◀ Scan here for easy access.

March 2018 | 254 pp | Paperback  
ISBN: 9780826141125

### Ebook Download included!

Your print purchase of *Effective Counseling and Psychotherapy* includes an ebook download to the device of your choice—increasing accessibility, portability and searchability! See inside front cover for details.



# Effective Counseling and Psychotherapy

## An Evidence-Based Approach

Bob Bertolino, PhD

## TABLE OF CONTENTS

---

### Preface

- 1 The Influence of the Therapist
- 2 Principles and Core Strategies of Effective Therapy
- 3 Early Client Engagement
- 4 Active Client Engagement (ACE): Information-Gathering Process
- 5 Therapeutic Conversations for Achieving Structure and Direction
- 6 Matching and Classes of Intervention
- 7 Client Progress and the Benefits of Therapy: From Subsequent Sessions to Transition
- 8 Professional Development: Achieving Clinical Excellence

### Index

## ABOUT THE AUTHOR

**Bob Bertolino, Ph.D.**, is a licensed marital and family therapist and professional counselor in the state of Missouri, a National Certified Counselor, a Certified Rehabilitation Counselor, a National Board Certified Fellow in Hypnotherapy, and a clinical member of the American Association for Marriage and Family Therapy.