



# Developing Your Theoretical Orientation in Counseling and Psychotherapy

*Duane A. Halbur, Kimberly Vess Halbur*

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**Developing Your Theoretical Orientation in Counseling and Psychotherapy** Duane A. Halbur, Kimberly Vess Halbur

This innovative text provides therapists-in-training with tools, strategies and activities to formulate their response to the age-old question, "What's your theoretical orientation?" The underpinnings of counseling and psychotherapy are based in its theoretical foundation. Thus, students and practitioners are frequently asked "What's your theoretical orientation?" This text gives students the understanding and the tools to develop their theoretical orientation throughout their training program.

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