



## Career, Work, and Mental Health: Integrating Career and Personal Counseling

By Zunker, Vernon G.

SAGE Publications, Inc, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: PART I. CAREER COUNSELING PERSPECTIVES 1.

Introduction Some Perspectives of Personal and Career Development Counseling Multidimensional Influences Shape Behavior Focusing on Multiple Life Roles The Pervasive Nature of Psychological Disorders The Pervasive Nature of Work Stress The Case for Each Client's Cognitive Schemas Recognizing and Uncovering Constraints of Career Choice Cultural diversity and Acculturation Summary Supplementary Learning Exercises 2. Career Development theories - An Overview Career Development Theories Trait Oriented Theories Trait Oriented Theories in Perspective Social Learning and Cognitive Theories Social Learning and cognitive Theories in Perspectives Developmental Theories of Career Choice Developmental Theories of Career Choice in Perspective Person-in-Environment Perspective Summary of Career Development Theory Perspectives Summary Supplementary Learning Exercises 3. Career Counseling Practices A Learning Theory of Career Counseling Intake Interview Using Assessment Results for Career Counseling Interventions Whole Person Approach to Career and Personal Concerns Summary Supplementary Learning Exercises 4. Constraints Effecting Career Choice and Development Model of American Class Structure Socioeconomic Status (SES) Social Class and Socialization Potential Career Choice Constraints Self-Efficacy for Effective Behavior Summary Supplementary Learning Exercises 5. Career Choice and Development and the



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