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A practically focused guide to effective counseling of all clients Human Development Across the Life Span is a practical guide to human growth and development, moving beyond theory to include real-world applications for counselors who work with clients. Written by recognized authorities in mental health counseling and counselor education, this book is fully aligned with

the American Counseling Association's accreditation standards and includes contributions by well-known and respected academics and practitioners. Based on an extensive review of course syllabi across CACREP-accredited programs, this book is organized to follow the way courses are typically taught and follows a consistent structure including pedagogical elements that help students learn. After a thorough examination of essential concepts and theories of life span development, the book moves through each stage of human growth and development to provide expert insight, short case studies, and practical applications to counseling. The full Instructor's package provides a useful set of tools, including a Respondus test bank, PowerPoint slides, and an Instructor's Manual. This book is the only text on human growth and development that emphasizes the key implications and applications for counselors, providing useful information and the insights of real experts in each subject area. Understand the developmental milestones at each life stage Appreciate clients' perspectives to better facilitate appropriate interventions Work more effectively with clients of any age, from toddlers to seniors Tailor your approach to meet the unique needs and abilities of each life stage As a counselor, you cannot approach a child's therapy the same way you approach an adult's. Even within each major category, each developmental stage includes a nuanced set of characteristics that, considered appropriately, will inform a more effective treatment plan. Human Development Across the Life Span is a comprehensive guide to understanding all of your clients, and providing the type of counseling that facilitates more positive outcomes.

You don't have to be a victim of time any longer. No matter how much we try to plan ahead and organize our to-do lists, everyone seems to face the same universal struggle: there's never enough time. But what if time, that supposedly linear, inevitable phenomenon, isn't what you think it is? What if you could actually have all the time in the world—and more? With her groundbreaking book, *All the Time in the World*, researcher Lisa Broderick reveals the new science of time so you can master it for yourself. Drawing from physics, quantum law, and psychological theory, Broderick will help you shift your fixed constructs around time into something more fluid and malleable. Then, with dozens of step-by-step practices, you'll learn to put theory into action and become the master of your own experience of time. Highlights include: Learn powerful, science-based practices for stretching and bending time to meet your personal needs Understand the quantum laws that govern our experience of time Explore the moments you've already felt time "slowing down" and learn to consciously create this experience on demand Why time is not the unchanging linear property of human experience we believe it to be Flow states and getting in the zone—how to alter your perceptions, increase focus, and accomplish your goals Healing the past by "time traveling" through your perceptions How "experiencing your life in advance" can help you manifest the future outcomes Discover why upgrading your relationship with time is the secret to creating the reality you desire and living without limitations "Our ability to influence our experience of time is the key to doing what we are here to do," writes Broderick. "As you liberate yourself from the illusion of time as we know it, you will become a confident creator of your own reality. You have all the time in the world."

Case Studies in Lifespan Development offers students a comprehensive view into life's key developmental stages through unique, diverse, and moving cases. Author Stephanie M. Wright presents a series of 12 case studies shaped by the contributions of real students—including their observations, concerns, and moments of triumph—to build immersive examples that readers can relate to and enjoy.

A portrait of three couples successively occupying a suite at the Plaza. A suburban couple take the suite while their house is being painted and it turns out to be the one in which they

honeymooned 23 (or was it 24?) years before and was yesterday the anniversary, or is it today? This tale of marriage in tatters is followed by the exploits of a Hollywood producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart, now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await her or as Mother yells, "I want you to come out of that bathroom and get married!"--Publisher's description.

Lenses offers a current and practical review of human development perspectives and theories, a subject that is often critically under-represented in graduate courses. Kraus presents an expansive selection of human development models, theories, and perspectives, and demonstrates how a strong grasp of developmental principles can inform practical applications. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

A fully revised and updated second edition, including new research and skills in the areas of trauma and compassion Disruptive behavior in the classroom, poor academic performance, and out-of-control emotions: if you work with adolescents, you are well-aware of the challenges this age group presents, as well as how much time can be lost on your lessons while dealing with this behavior. What if there was a way to calm these students down and arm them with the mindfulness skills needed to really excel in school and life? Written by mindfulness expert and licensed clinical psychologist Patricia C. Broderick, Learning to Breathe is a secular program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts and feelings and manage distressing emotions. Students will be empowered by learning important mindfulness meditation skills that help them improve emotion regulation, reduce stress, improve overall performance, and, perhaps most importantly, develop their attention. Since its publication nearly a decade ago, the L2B program has transformed classrooms across the US, and has received praise from educators, parents, and mental health professionals alike. This fully revised and updated second edition offers the same powerful mindfulness interventions, and includes compelling new research and skills in the areas of trauma and compassion. The book integrates certain themes of mindfulness-based stress reduction (MBSR), developed by Jon Kabat-Zinn, into a program that is shorter, more accessible to students, and compatible with school curricula. This easy-to-use manual is designed to be used by teachers, but can also be used by any mental health provider teaching adolescents emotion regulation, stress reduction and mindfulness skills. The book is structured around six themes built upon the acronym BREATHE, and each theme has a core message: Body, Reflection, Emotions, Attention, Tenderness, and Healthy Mind Habits, and Empowerment. Learning to Breathe is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence. Make this new edition a part of your professional library today!

Infant Play Therapy is a groundbreaking resource for practitioners interested in the varied play therapy theories, models, and programs available for the unique developmental needs of infants and children under the age of three. The impressive list of expert contributors in the fields of play therapy and infant mental health cover a wide range of early intervention play-

based models and topics. Chapters explore areas including: neurobiology, developmental trauma, parent-infant attachment relationships, neurosensory play, affective touch, grief and loss, perinatal depression, adoption, autism, domestic violence, sociocultural factors, and more. Chapter case studies highlight leading approaches and offer techniques to provide a comprehensive understanding of both play therapy and the ways we understand and recognize the therapeutic role of play with infants. In these pages professionals and students alike will find valuable clinical resources to bring healing to family systems with young children.

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