

# An Introduction to the Profession of Counseling

Frank A. Nugent



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This book presents a comprehensive introduction to professional counseling, a profession that helps individuals, groups, and families work through troubles arising from problems experienced in everyday life. As with previous editions, this text's philosophical and theoretical orientation to counseling is based on a phenomenological, psychosocial, life-span developmental approach. In this approach counselors help persons resolve or work through situational, developmental transitions and conflicts within a multicultural context.

## Highlights of the new edition:

**Revised information about the profession of school counseling** and added information about the ASCA National Model for school counseling programs.

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