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The Unfolding Life: Counseling Across the Lifespan

Radha J. Horton-Parker, Nina W. Brown

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Horton-Parker and Brown seek to prepare counselors-in-training to better understand personal growth and self development. Their approach is designed to guide readers to better self-understanding through reviews of prevailing theory and through a series of exercises. Each chapter presents one or more exercises designed to allow the reader an opportunity to explore his/her personal development and to become aware of any unfinished and/or unresolved business that could emerge as countertransference with clients.

The basic theories of psychological growth and development—moral, cognitive, and gender identity—are examined under the stages of development throughout the life span. The specialized theories for the different stages, such as childhood and adolescence, are presented along with counseling applications for that specific stage. Readers are provided with numerous examples of how to use this information to better help clients. Other unique features include material on becoming a culturally sensitive counselor and an explanation of object-relations and self-psychology theories. Of particular interest to researchers and students involved with counseling issues.

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