

Counseling Adults in Transition, Fourth Edition: Linking Schlossberg,Äôs Theory With Practice in a Diverse World

By Mary Anderson PhD, Jane Goodman PhD, Nancy Schlossberg EdD

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The only textbook explicitly designed to address counseling with adults who are coping with individual, relationship, and work transitions, this volume integrates the basic tenets of adult development with therapeutic practice. It is based on Schlossberg's theory of transitions, a new process and content model that offers effective techniques for helping adults to understand and successfully navigate normal life transitions.

This revised edition addresses contemporary societal ills that exacerbate adult life transitions, such as a tumultuous economy, increased unemployment, bankruptcies, and foreclosures, and focuses on our increasing racial and cultural diversity. The volume also expands its consideration of spiritual and social justice issues and provides a more integrated and holistic approach to adult transitional counseling.

Key Features of the New Edition:

- Based on Schlossberg's technique, a new model for counseling adults in transition
- Offers practical new strategies and exercises for use in transitional counseling
- Addresses unemployment and coping in an uncertain social/economic context
- Focuses on loss and resilience, diversity, culture, social justice, and spirituality
- Contains new sections on transitioning to adulthood, living arrangements including diverse family structures, mobility, siblings, in-laws, and retirement
- Introduces new concepts such as collectivist coping, hardiness, mindfulness, and transcendence

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Editorial Review

About the Author
Mary L. Anderson, PhD, LPC, NCC, is an assistant professor in the Department of Counselor Education and Counseling Psychology at Western Michigan University. She is active in professional organizations, both at the state and national levels. She has served in leadership positions, including co-president of the Michigan Association of Counselor Education and Supervision. Dr. Anderson's publications include prior editions of this text, and book chapters in Evans, K, et al (2002), Synthesizing Family, Career and Culture, ACA; Tyson, et al (2004), Critical Incidents in Group Counseling, ACA; and Barletta, et al (2009), Practice of Supervision, ACA. ||Jane Goodman, PhD, is Professor Emerita of counseling in the Department of Counseling, School of Education and Human Services Education, Oakland University, Rochester, Michigan. She was the 2001-2002 president of the American Counseling Association, 2005-2006 chair of the American Counseling Association Foundation, and 1994-1995 president of the National Career Development Association. Dr. Goodman is a Fellow of the National Career Development Association. Her awards include the Distinguished Service Award from the Michigan Counseling Association, Group Worker of the Year Award from the Michigan Association for Specialists in Group Work, and Champion of Career Development from the Michigan Career Development Association. Her publishing vitae include over 50 listings.|Nancy K. Schlossberg, EdD, is Professor Emerita at the University of Maryland, College Park, in the Department of Counseling and Personnel Services, College of Education, and Director of the Center of Human Services Development. Dr. Schlossberg served as a Senior Fellow at ACEs Center on Adult Learning and was past president of ACA. She has received numerous awards and honors, including Fellow of three divisions of the American Psychological Association (APA), Fellow of the Gerontological Association, the 1983 APA G. Stanley Hall Lecturer on Adult Development, and Distinguished Scholar at the University of Maryland (1983). She was named as one of the Eminent Women in Psychology by the APA and listed in Who's Who of American Women in 1993. In addition, Dr. Schlossberg has received highest honors and awards from the following national organizations: The National Career Development Association, the American College Personnel Association, the National Association for Women in Education, and the American Society for Training and Development. In September 2009, the Nancy K. Schlossberg Library and Conference Room was established at the University of Maryland.

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