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to interpret a client's behavior, thoughts, and feelings and help them navigate a client's journey from diagnosis to post-treatment. Theoretical approaches are an understandably integral part of the therapeutic process.

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By learning concepts that explain answers to these questions, students should be able to explain how counseling and psychotherapy are done by different theorists. The concepts that

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are most important in the course are those that explain personality theory and techniques to change behavior, thoughts or feelings.

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