



# Wellness Counseling (The Merrill Counseling Series)

*Paul Granello*

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## **Wellness Counseling (The Merrill Counseling Series) Paul Granello**

Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive.

Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years.

The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

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Wellness Counseling (The Merrill Counseling Series) can be one of your basic books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into delight arrangement in writing Wellness Counseling (The Merrill Counseling Series) although doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be one of it. This great information could drawn you into completely new stage of crucial contemplating.

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