



# Clinical Mental Health Counseling: Elements of Effective Practice

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Referencing the 2016 CACREP standards, **Clinical Mental Health Counseling: Elements of Effective Practice** by editors J. Scott Young and Craig S. Cashwell combines solid foundational information with practical application for a realistic introduction to work in community mental health settings. Top experts in the field cover emerging models for clinical interventions as they explore cutting-edge approaches to CMH counseling. With case studies integrated throughout, students will be well prepared to move into practicum and internship courses as well as field-based settings.

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## **Clinical Mental Health Counseling: Elements of Effective Practice** From SAGE Publications, Inc **Bibliography**

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### Editorial Review

#### Review

"Having gathered a plethora of established experts in the field of mental health counseling, the editors packed this book with content that will meet or exceed the curricular needs of any graduate counseling course; 'comprehensive' is an understatement!"--W. Bryce Hagedorn

"An instant classic. Young and Cashwell have assembled a stellar group of counselor education authors and produced an outstanding, comprehensive, and easy-to-read text that clearly articulates and elevates the discipline of clinical mental health counseling. This book covers everything a CMHC needs to hit the ground running in clinical practice!"--Bradley T. Erford

"A 'must-have' resource for anyone looking for a comprehensive and reader-friendly clinical mental health counseling text! The introductory chapter provides a solid context for the ensuing chapters that focus on specific topics (such as legal/ethical issues, diagnosis, supervision), all authored by leading experts. It's all here--everything that learners need to know as they embark on their professional journeys to becoming CMHCs."--Barbara Herlihy

"The authors have succeeded in building a very comprehensive book, focused on the CACREP standards, that is up to date and gives new and also practical information regarding the profession. There are some chapters that are very unique for an introductory textbook (e.g., chapters devoted to billing, documentation, psychopharmacology, neuroscience, a full chapter on research). There is also some cutting-edge information included on evidence based practices. Usually, there isn't an entire chapter devoted to advocacy. Thus, instructors have to supplement the information in textbooks with the ACA Advocacy Competencies and various articles and examples. The chapter on advocacy is a treasure because it is comprehensive and really introduces the students to the counselor advocacy role up front!"--Heather Trepal

"The authors were able to invite contributors that are known experts in their field. They write from a strong theoretical base and are practitioners in their areas of expertise."--Judith G. Miranti

"This book provides the most comprehensive knowledge, skills, and applications about mental health practice in community settings." --Kananur V. Chandras

"By offering a text that can provide a thorough foundation for counselor trainees, Young & Cashwell have offered Counselor Educators a much-needed tool for bridging a significant gap in counselor training."--Kathleen Woods

"Clinical Mental Health Counseling: Elements of Effective Practice is a comprehensive overview of a complex topic."--Robert C. Schwartz

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"**Clinical Mental Health Counseling: Elements of Effective Practice** is a great text for introducing students to the roles and functions of clinical mental health counseling. The authors have organized the material in a clear and engaging level which makes it appropriate for students. I particularly appreciate the documentation and evidence-based sections." (Alfonzo Haralson)

"The authors have succeeded in building a very comprehensive book, focused on the CACREP standards, that is up to date and gives new and also practical information regarding the profession. There are some chapters that are very unique for an introductory textbook (e.g., chapters devoted to billing, documentation, psychopharmacology, neuroscience, a full chapter on research). There is also some cutting-edge information included on evidence based practices. Usually, there isn't an entire chapter devoted to advocacy. Thus, instructors have to supplement the information in textbooks with the ACA Advocacy Competencies and various articles and examples. The chapter on advocacy is a treasure because it is comprehensive and really introduces the students to the counselor advocacy role up front!" (Heather Trepal)

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"**Clinical Mental Health Counseling: Elements of Effective Practice** is current, thorough, and student friendly." (Lakitta Johnson)

"**Clinical Mental Health Counseling: Elements of Effective Practice** is a comprehensive overview of a complex topic." (Robert C. Schwartz)

About the Author

**J. Scott Young**, Ph.D., NCC, LPC is Professor and Chair of the Department of Counseling and Educational Development at the University of North Carolina at Greensboro. His leadership in the field has included service as past-president of the *Association for Spiritual Ethical and Religious Values in Counseling*, as a member of the Governing Council and Executive Committee for the *American Counseling Association*. He has served as an editorial board member for numerous journals including the *Journal of Counseling and*

*Development, Counseling and Values* and *Counselor Education and Supervision*. He is co-editor of the book *Integrating Spirituality into Counseling: A Guide to Competent Practice* and the text *Counseling Research: Quantitative, Qualitative, and Single Subject Design*. He has published numerous articles on the interface of clinical practice with spirituality and religion. Awards Dr. Young as received awards including ACA Fellow, the Meritorious Service Award from the Association for Spiritual, Ethical, & Religious Values, the Alumni Excellence Awarded from the Department of Counseling and Educational Development and UNCG and the Administrator of the Year from the North Carolina Counseling Association.

**Craig S. Cashwell**, Ph.D., LPC, NCC, ACS, CSAT-S is Professor in the Department of Counseling and Educational Development at the University of North Carolina at Greensboro (UNCG). He has served as President of Chi Sigma Iota International, ASERVIC President, CACREP Board Chair, and ACES representative to the ACA Governing Council. Craig has received numerous awards, including the CSI International Thomas J. Sweeney Professional Leadership Award, the American Counseling Association David K. Brooks Distinguished Mentor Award, and the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) Lifetime Service Award. In 2011, Craig received designation as an ACA Fellow. He has over 125 publications and has received multiple research awards, including an ACA Best Practices Award, and twice being the recipient of the Association for Counselor Education and Supervision Outstanding Counselor Education and Supervision Article Award. Craig values mentoring relationships and has been recognized with mentoring awards from the UNCG Graduate School, the North Carolina Counseling Association, and the Conference of Southern Graduate Schools. Additionally, he has been recognized with a UNCG School of Education Teaching Excellence Award.

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