



Behavior Change in the Human Services: Behavioral and Cognitive Principles and Applications

Martin S. Sundel, Sandra S. (Stone) Sundel

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Behavior Change in the Human Services, Fifth Edition continues to provide a systematic introduction and overview of behavioral and cognitive principles and their applications to a wide range of problems and situations encountered in the human service professions. Designed for students and practitioners, the book uses a unique problem-solving framework to demonstrate how behavior change principles can be applied to practice situations. The book features a detailed and sequential organization that encourages readers to move progressively through material of increasing complexity and to conduct self-assessments of their knowledge. The **Fifth Edition** includes eight clinical case studies and many new and engaging examples that address issues such as substance abuse, child behavior problems, assertiveness, marital discord, and developing appropriate social behaviors.



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