



A Counselor's Introduction to Neuroscience

By Bill McHenry, Angela M. Sikorski, Jim McHenry

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A Counselor's Introduction to Neuroscience is a guidebook to neurobiology that is customized for counselors' unique goals and requirements. Drawing on years of experience, not only in the lab, but in the counselor's chair, the authors unravel the complexities of neuroscience and present an easily understood volume that is an essential companion for any counselor who wishes to expand his or her understanding of the human brain, how it works, and how it creates our identities.

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Editorial Review

Review

"A Counselor's Introduction to Neuroscience should be required reading for counseling students and counselor educators. Comprehensive, yet written in language that those of us not trained in neuropsychology can appreciate and access, the authors share with readers information that is both encouraging and reinforcing. Case examples and insightful metaphors add to this accessibility. Surely the next wave in counselor training."

?Donald B. Redmond, PhD, assistant professor of counseling, Mercer University

"This is the book the field of clinical counseling has been waiting for! In the typical writing style of both Dr. McHenrys, it offers readers an easy-to-read, intelligent, comprehensive picture of the dynamic evolution of neuroscience and provides readers with accessible explanations of the exciting and pragmatic methods for working effectively with people seeking growth and enhanced well-being. It is a must-have addition to any mental health practitioner's assortment of tools."

?Kathryn MacCluskie, PhD, professor of counselor education, Cleveland State University

"The authors of *A Counselor's Introduction to Neuroscience* carefully lead the reader through the complexities of neuroscience as it informs the practice of counseling. Basic concepts are defined and used to propose how the human brain impacts and is impacted by counseling models and techniques. Mental-health professionals will find the material an important expansion to their understanding of the counseling process."

?Janelle Cowles, EdD, professor and program coordinator, University of Central Missouri

"In *A Counselor's Introduction to Neuroscience*, Drs. McHenry, Sikorski, and McHenry have added to the counseling literature a phenomenal piece of work that is far-reaching in scope, probing in its discernments, and realistic in the way it informs readers navigating pathways of the brain. The text provides a sound and constructive roadmap to neuroscience from a counselor's perspective. Counseling students and practitioners alike are given a powerful resource that will help them fully understand their cognitively complex and culturally diverse clientele. Easy to read, the book will prove to be a valuable resource, and I am delighted to endorse it!"

?S. Kent Butler, PhD, associate professor, University of Central Florida

About the Author

Bill McHenry, PhD, is the coauthor of *A Contemporary Approach to Substance Abuse and Addiction Counseling* and *What Therapists Say and Why They Say It*.

Angela M. Sikorski, PhD, is an associate professor of psychology at Texas A&M University-Texarkana.

Jim McHenry, EdD, is professor emeritus of counseling and human development at Edinboro University of Pennsylvania and the coauthor of *What Therapists Say and Why They Say It*.

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Jennifer Crawford:

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