



Neuroscience for Counselors and Therapists: Integrating the Sciences of Mind and Brain

Chad C. Luke

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Neuroscience for Counselors and Therapists by Chad Luke provides an accessible overview of the structure and function of the human brain, including how the brain influences and is influenced by biology, environment, and experiences. Full of practical applications, this cutting-edge book explores the relationships between recent neuroscience findings and counseling theories and then uses these integrated results to address four categories of common life disturbances: anxiety, depression, stress, and addictions. The book's case-based approach helps readers understand the language of neuroscience and learn how neuroscience research can enhance their understanding of human thought, feeling, and behaviors.

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