



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

By 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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Editorial Review

Review

“A **much-needed approach**, bridging an increasingly narrowing gap in our understanding of mind and body in the mental health field.”

(Randolph Lee, Trinity College)

“This text presents the **leading edge** of the new wave of what has been called ‘postmodern psychology.’”

(Thomas C. Burns, Mercer University)

“**Innovative and exciting**. Great blending of theory and hands-on, relevant concepts and ideas.” (Christine Florther, Centenary College)

“The author takes complicated material and presents it in an **insightful and engaging** manner.”

(Andrea Polites, College of DuPage)

About the Author

Chad Luke is a counselor educator who teaches theory, technique, multicultural counseling, neuroscience for counselors, group counseling, ethics, and other courses at Tennessee Technological University. He is a clinical supervisor, providing clinical, developmental consultation to students, graduates, and treatment programs, and a licensed professional counselor in Tennessee with over 15 years of clinical experience. Luke has written and presented nationally on neuroscience, career development, group counseling, and psychological factors impacting college student development, among others. He has been a director of counseling at a career counseling center and an associate dean for student success.

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