



# Girls' and Women's Wellness: Contemporary Counseling Issues and Interventions

*Laura Hensley Choate*

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This empowering resource examines current issues faced by girls and women using a life span approach that emphasizes wellness and resilience. Mental health counselors, counselor educators, and school counselors will find an abundance of practical strategies that can be used immediately in their daily practice. Each chapter includes multiple examples, assessment and intervention strategies, client handouts, workshop outlines, self-exploration activities, case studies with discussion questions, and recommended resources.

Through comprehensive discussions, Choate and her contributing authors detail women's development and mental health, self-esteem, body image, relational aggression in girls, sexual assault and intimate partner violence, college women's experiences, life-work balance, spirituality, and the distinct concerns faced by mid-life and older women.



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