DESCRIPTION

A practically focused guide to effective counseling of all clients

*Human Development Across the Life Span* is a practical guide to human growth and development, moving beyond theory to include real-world applications for counselors who work with clients. Written by recognized authorities in mental health counseling and counselor education, this book is fully aligned with the American Counseling Association's accreditation standards and includes contributions by well-known and respected academics and practitioners. Based on an extensive review of course syllabi across CACREP-accredited programs, this book is organized to follow the way courses are typically taught and follows a consistent structure including pedagogical elements that help students learn. After a thorough examination of essential concepts and theories of life span development, the book moves through each stage of human growth and development to provide expert insight, short case studies, and practical applications to counseling. The full Instructor’s package provides a useful set of tools, including a Respondus test bank, PowerPoint slides, and an Instructor’s Manual.

This book is the only text on human growth and development that emphasizes the key implications and applications for counselors, providing useful information and the insights of real experts in each subject area.

- Understand the developmental milestones at each life stage
- Appreciate clients’ perspectives to better facilitate appropriate interventions
- Work more effectively with clients of any age, from toddlers to seniors
Tailor your approach to meet the unique needs and abilities of each life stage

As a counselor, you cannot approach a child's therapy the same way you approach an adult's. Even within each major category, each developmental stage includes a nuanced set of characteristics that, considered appropriately, will inform a more effective treatment plan. *Human Development Across the Life Span* is a comprehensive guide to understanding all of your clients, and providing the type of counseling that facilitates more positive outcomes.

### ABOUT THE AUTHOR

**DAVID CAPUZZI, P HD, NCC, LPC**, is a counselor educator and core faculty member in mental health counseling at Walden University, and professor emeritus at Portland State University. He is past president of the American Counseling Association (ACA), and past Chair of both the ACA Foundation and the ACA Insurance Trust.

**MARK D. STAUFFER, P HD, NCC**, is a core faculty member in the mental health counseling program at Walden University. His research focuses on Eastern methods and East-West collaboration, and his training in Zen tradition has made him a sought-after speaker on meditation and mindfulness-based therapies.

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