



Career, Work, and Mental Health: Integrating Career and Personal Counseling

Vernon G. Zunker

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Individuals seeking career counseling often present with a complex array of issues, and thus it is often difficult for counselors to separate career satisfaction and development from other mental health issues.

Career, Work, and Mental Health examines this tightly woven connection between mental health issues and career development and offers practical ways for counselors to blend career and personal counseling. Taking this integrative approach, author Vernon Zunker offers step-by-step procedures for delivering effective intervention strategies – tactics that are meaningful and relevant to career choice, career development, and the interconnectedness of personal problems.



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