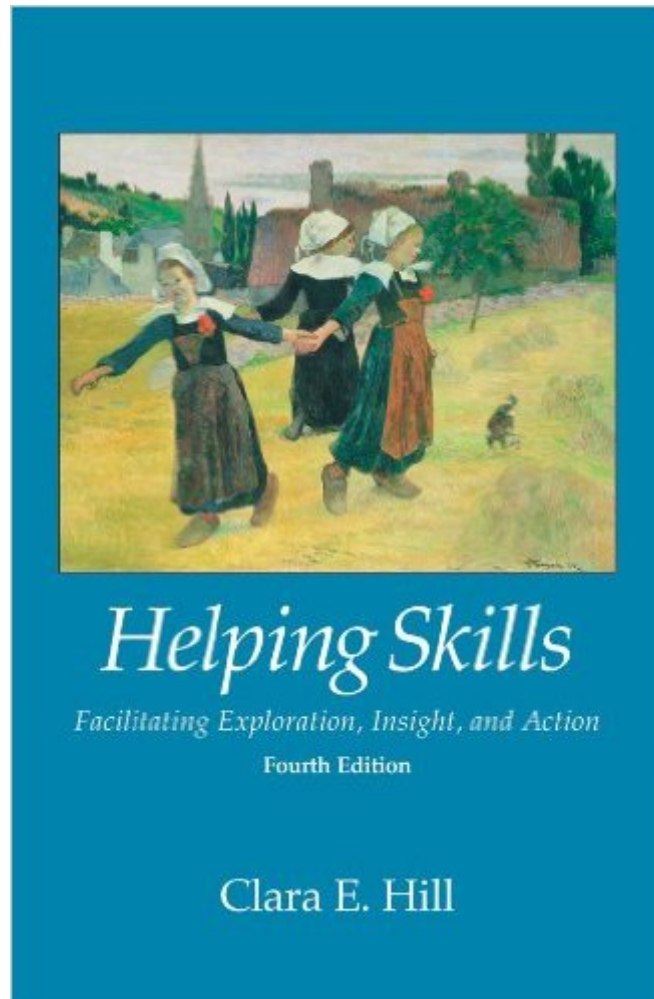


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# Helping Skills: Facilitating Exploration, Insight, And Action



## Synopsis

This fourth edition of Clara Hill's popular textbook updates her comprehensive exploration of basic helping skills for undergraduate and first-year graduate students. Hill's three-stage model of helping clients involves exploration, insight, and action. The exploration stage helps clients explore their thoughts and feelings. The insight stage helps clients understand the reasons for their thoughts and feelings. The action stage helps clients make desired changes in their lives. Authoritative but highly accessible, the book describes the goals and theoretical foundations of the three stages, how helpers can learn and practice the skills used in each stage, general principles for ethical practice, and important cultural issues. Hill also challenges students to think about and discuss the process of becoming helpers and their reasons for doing so. New material in this edition includes Chapters on self-awareness and cultural awareness, a glossary, and additional methods for challenging clients. A research summary at the end of every chapter highlighting a relevant empirical study. The companion website has been updated to offer students and instructors helpful resources. Two companion DVDs illustrate the three-stage model: *Helping Skills in Practice* and *Dream Work in Practice*.

## Book Information

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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (27 customer reviews)

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## Customer Reviews

I use this as a basic text for training medical students in counseling skills. Solid coverage of the listening skills, and other foundational counseling methods generic to many theoretical approaches.

I bought this for a class thinking it would be better than renting. But it's a pain because there are no page numbers. Seriously? This is a textbook and you don't put numbers on the electronic version. I won't ever buy an electronic textbook from again. Waste of money!

This book has a lot of helpful ideas for counsellors however much of it seems like common sense. From what I understand, the previous edition contains the same information, with the chapters ordered slightly differently .

From my wife: I needed this for a class and I actually found it to be really helpful. Some of my other psych books were incredibly clinical and boring, but this uses real world examples to make sense of the concepts. Easy read, I had no trouble breezing through a chapter in one sitting. The session examples were kind of funny though because my classmates and I were laughing that no session will ever go like these. They go way too smoothly and perfectly, they hit every single point and concept like boom, boom, boom. However, they were helpful when it came to transcribing my own mock sessions because it made it easy to identify what I was doing. ETA: I ended up renting this because it was great deal! I refuse to pay hundreds of dollars for my books when I can rent for almost nothing. It looks like you can't rent it anymore though? I was able to rent for eighteen bucks back in August, but now it looks like that option is not available anymore. Bummer, hope they bring it back! C'mon, we students get charged enough, give us a break on books ffs...

The printing is too light which makes reading rather difficult.

This (required text for Skills class) is such an easy read. The author makes it easy to understand and apply her principles. Highly recommend to "Helpers"... :)

I found this to be very clear and approachable and yet not oversimplified. A very helpful reference in my first year doing therapy with clients.

This is a great book but it is so long. It is exhaustive in its coverage. I really want the Reader's Digest condensed version. This book is 7434 kindle units. A healthy paperback to 2000 - 3500 units.

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