



Applied Helping Skills: Transforming Lives

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Summary: Preface Acknowledgments Part I. Foundations for Skills 1. The Process Revealed Reading Minds and Other Superpowers My Psychic Powers Secrets Revealed How Therapists Enhance Their Powers Power and Influence You Gotta Be Desperate It's All About Leverage Amateurs Versus Professionals A Few Missing Ingredients The Perfect Counseling Student Applications to Self: Incorporating Skills Into Your Daily Life Summary Skills in Action: The Troubled Wife References and Resources 2. Clients in Need: Individual, Social, and Cultural Factors Cultural Context of the Client Experience Cultural Skills and Competencies Becoming Familiar With Cultural Differences Assess Stage of Cultural Identity Overview of a Client Concern Ethical Considerations in the Practice of Helping Skills How to be a Good Client Decisions, Decisions Applications to Self: Who You Are Versus What You Do Summary Skills in Action: Student as Client References and Resources 3. Models of Helping Theories and Their Offspring Theoretical Frameworks and Models of Practice Stages in the Process An Integrated Model Applications to Self: Choosing and Using a Theory Summary Skills in Action: The Phobia References and Resources Part II. Skills to Use With Individuals...



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