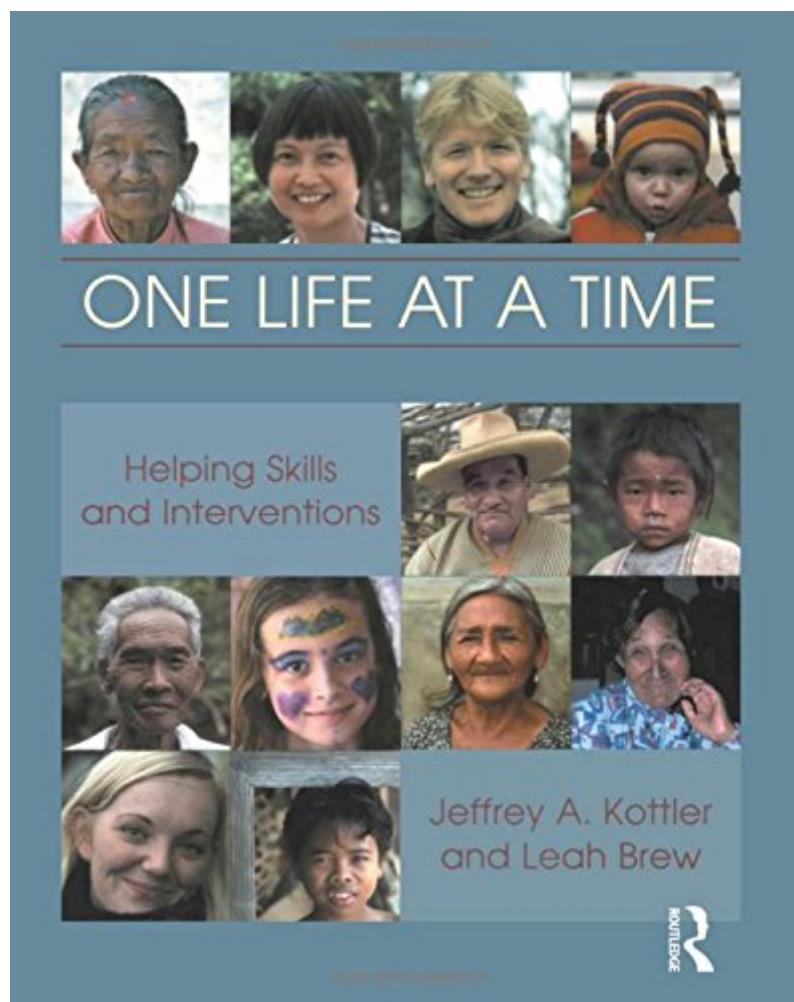


# One Life at a Time: Helping Skills and Interventions PDF



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One Life at a Time: Helping Skills and Interventions by Jeffrey A. Kottler, Leah Brew ISBN 0415933609

*One Life at a Time: Helping Skills and Interventions* is a student-centered, inexpensive experientially based textbook for beginning courses in counseling and therapy. Written in Kottler's personal, easy-to-read and engaging style, this text covers all the basic skills and core interventions that beginners need to be taught in order to begin seeing clients. Students are encouraged to explore self-reflection and make connections between the material and their prior knowledge and experience; once internalized, these ideas and skills can be applied to one's life as well as one's work. Including an online instructor's manual, case examples and first person accounts - this book will help students to understand how best to meet a client's needs.

## **One Life at a Time: Helping Skills and Interventions Review**

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