



Effective Counseling Skills: the practical wording of therapeutic statements and processes

Daniel Keeran

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Library of Congress Control Number (LCCN): 2012912261 The main body of this second edition serves as the counselor training and examination manual of the College of Mental Health Counseling and gives away the secrets of effective counsellors and therapists. The practical skills and concepts distilled in the present form, are the contributions of countless colleagues and clients who over the years have challenged the creative energies of the author. Since the release of the first edition, the author has written brief practical articles on fourteen topics related to skills and approaches to common problems. These are presented in Appendix Two: Skills and Approaches To Common Life Challenges. This additional section has been prepared as ready-to-use content addressing common life problems and challenges. Topics include grief, depression, marital difficulties, domestic abuse, infidelity, conflict and communication problems, sexual abuse, suicide, death and dying, anger, loss of caring parents, homosexuality, and addiction.

Major topic areas in the main content include an explanation of the client's personal history, suicide prevention, how to begin and deepen the counseling process, helping the client learn healthy ways of relating, moving the client from childhood to maturity, skills for healing grief, and working with couples who want to make progress with issues of conflict, infidelity, addiction, and other common problems. Practical ways to build and manage a counseling practice are presented. A detailed index and table of contents make the volume easy to use as a guide for both the practitioner as well as people seeking help.

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