



## The Practice of Collaborative Counseling and Psychotherapy: Developing Skills in Culturally Mindful Helping

By David A. Paré

SAGE Publications Inc, United States, 2013. Paperback. Book Condition: New. New.. 231 x 188 mm. Language: English . Brand New Book. This is a key text for courses in the helping professions that will assist students in learning the basic skills of helping. The course is a requirement for any student in counselling, psychotherapy or social work as it prepares students for the work they will be doing with clients. With a focus on developing skills that are collaborative by involving the client in the helping process/solution and it has an integrated focus on multicultural skills and social justice. The author first outlines the basic process of counselling and counsellor self-care, then goes on to conversation and counselling, receiving, attending, listening, positive regard, empathy and connection. He then moves onto the basics of developing a relationship with the client as well as relating to the experience. Finally, a look is taken at the treatment-planning stage via a shared experience by involving the client in the process. Every chapter contains the following pedagogy: - case study - sample dialogue - chapter objectives - boxed capsules to highlight key skills - reflections on practice - experiential exercises - questions for reflection -...



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