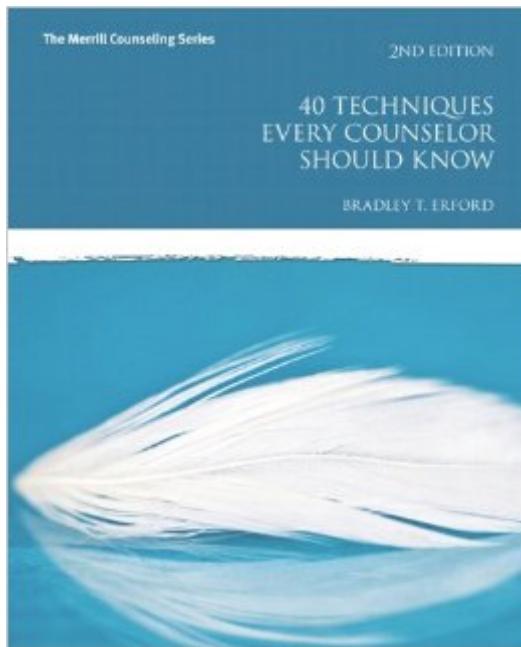


The book was found

40 Techniques Every Counselor Should Know (2nd Edition) (Merrill Counseling (Paperback))



Synopsis

User friendly, concise, and thorough, Bradley Erfordâ™s 40 Techniques Every Counselor Should Know gives students a succinct look at the theoretical basis underlying each of 40 counseling techniques, and the common variations that can be used to ensure their successful implementation. The book identifies techniques from diverse theoretical approaches, including: Brief Counseling; Adlerian or Psychodynamic, Gestalt; Mindfulness; humanistic-phenomenological; Social Learning; Cognitive; Behavioral; and Cognitive-behavioral. Transcripts and descriptions show step-by-step how to implement the techniques, outcome research on each technique helps in determining which techniques are best for use with various populations, and multicultural implications help readers learn more about applying each technique and approach to counseling clients from diverse cultures. Added to this new edition are: new chapters on Journaling, Miller and Rollnickâ™s motivational interviewing, self-disclosure, empathic confrontation, and strength bombardment; new sections on mindfulness-based procedures and humanistic-phenomenological approach to counseling; a number of new, edited, or expanded transcripts; and; thorough updating of sources throughout.

Book Information

Series: Merrill Counseling (Paperback)

Paperback: 288 pages

Publisher: Pearson; 2 edition (May 30, 2014)

Language: English

ISBN-10: 0133571742

ISBN-13: 978-0133571745

Product Dimensions: 7.3 x 0.7 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #26,871 in Books (See Top 100 in Books) #20 inÂ Books > Textbooks > Education > Counseling #52 inÂ Books > Education & Teaching > Schools & Teaching > Counseling #54 inÂ Books > Medical Books > Psychology > Counseling

Customer Reviews

Length: 0:30 Mins

This is a succinct guide to implementing specific psychotherapeutic techniques. It targets anyone providing psychotherapy. This is absolutely a one-of-a-kind practical overview of particular

counseling interventions. The text is divided into nine sections, each focusing on a different theoretical approach: 1. Solution focused brief counseling 2. Adlerian or psychodynamic 3. Gestalt and psychodrama 4. Mindfulness 5. Humanistic-phenomenological 6. Cognitive-behavioral 7. Social learning 8. Behavioral approaches using positive reinforcement 9. Behavioral approaches using punishment. Each section includes separate chapters for each therapeutic technique. For example, the Mindfulness section includes chapters on guided imagery, deep breathing, and progressive muscle relaxation. The Adlerian or psychodynamic approach section includes chapters on I-messages, acting as if, splitting the soup, mutual storytelling, and paradoxical intention. Each technique is then broken down into (1) origins, (2) how to implement, (3) variations, (4) examples, and (5) usefulness and evaluation. The authors do an excellent job of keeping each chapter short and to the point. They provide example dialogue between patient and counselor and example implementation techniques. I find this text an excellent supplement to a theoretical text like Sharf's *Theories of Psychotherapy & Counseling: Concepts and Cases*, 5th Edition. Pairing these two books together gives students a sense of both the theoretical and practical aspects of psychotherapy. I also think this book would work well for seasoned clinicians who want to brush up on some techniques and easily implement them into practice. This book is very simple to read and can be read cover to cover without difficulty.

Excellent book I used this book for my counseling and techniques class. This book was very helpful in terms of learning effective methods of counseling clients as well as having this book on hand if you intend to pursue your educational degree such as a Master's in Counseling. GREAT BOOK! Kim J Philadelphia PA

Each short chapter is a technique with examples of how it can be used with client's. I love it and I am so happy to have found it before I started my second practicum. For a beginning counselor it is extremely helpful to have a tool kit such as this (and something that will be useful throughout my career until I have each permanently saved in my brain).

Loved how this book was structured! I used it for my counseling practicum and it was immensely helpful for giving me an idea of different techniques and how to apply them. I'm glad I had this as a beginner and will likely use it a lot during internships too!

It's a very good book and I enjoy very much. I'm a counseling psychology master's I usually use it

as reference when I want to know step by step about a certain technique or strategy. The book is written in a way that is very easily understood and to apply. Yet, it should not be the only material you should use as reference as it is good, but it does not provide in-depth information about the techniques already in the book and other therapeutic models.

Good companion to the DSM5. A practical manual

I purchased this book to help me prepare for the NCMHCE since it's been quite awhile since I was in school. It's a great guide to these counseling techniques; very succinct and well researched including when to use each one based on published research. It's a great desk reference, too.

Great book. This is one every counselor should own.

[Download to continue reading...](#)

40 Techniques Every Counselor Should Know (2nd Edition) (Merrill Counseling (Paperback)) Encyclopedia of Counseling: Master Review and Tutorial for the National Counselor Examination, State Counseling Exams, and the Counselor Preparation Comprehensive Examination Mastering the National Counselor Exam and the Counselor Preparation Comprehensive Examination (2nd Edition) Substance Abuse Counseling: Theory and Practice (5th Edition) (Merrill Counseling (Paperback)) Ethical, Legal, and Professional Issues in Counseling (4th Edition) (Merrill Counseling (Paperback)) Certified Rehabilitation Counselor Examination Preparation: A Concise Guide to the Rehabilitation Counselor Test Basic Psychopharmacology for Counselors and Psychotherapists (2nd Edition) (Merrill Counseling (Paperback)) Career Information, Career Counseling, and Career Development (10th Edition) (Merrill Counseling) Foundations for Clinical Mental Health Counseling: An Introduction to the Profession (The Merrill Counseling) Jokes Every Man Should Know (Stuff You Should Know) Dirty Jokes Every Man Should Know (Stuff You Should Know) Stuff Every Husband Should Know (Stuff You Should Know) Quotes Every Man Should Know (Stuff You Should Know) Learning the Art of Helping: Building Blocks and Techniques (5th Edition) (The Merrill Counseling) The Words You Should Know to Sound Smart: 1200 Essential Words Every Sophisticated Person Should Be Able to Use The Big Book of Words You Should Know: Over 3,000 Words Every Person Should be Able to Use (And a few that you probably shouldn't) Dr. Earl Mindell's What You Should Know About Fiber and Digestion (What You Should Know Health Management Series) 42 Guitar Chords Everyone Should Know: A Complete Step-By-Step Guide To Mastering 42 Of The Most Important Guitar Chords (Everyone Should Know Books) 100 Things Cubs Fans Should Know & Do

Before They Die (100 Things...Fans Should Know) 100 Things Syracuse Fans Should Know & Do
Before They Die (100 Things...Fans Should Know)

[Dmca](#)