



Learning the Art of Helping: Building Blocks and Techniques with MyCounselingLab without Pearson eText -- Access Card Package (5th Edition)

By Mark E. Young

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- Sales Rank: #1073888 in Books

- Published on: 2015-07-11
- Original language: English
- Number of items: 1
- Dimensions: 9.06" h x .95" w x 7.56" l, .0 pounds
- Binding: Paperback
- 416 pages

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Editorial Review

From the Back Cover

Learning the Art of Helping emphasizes the techniques and skills necessary to be effective in the art of helping—from the basic building blocks to advanced therapeutic techniques and goes beyond the basic techniques to address the “megaskills” and common curative factors that lie behind these methods, including how to form and repair a therapeutic relationship. The author’s conversational tone is appealing to students, yet the book is carefully referenced for instructors. The goal is to make beginning helpers become “reflective practitioners” and this is accomplished through “Stop and Reflect” sections, exercises, homework, class discussion topics, and journal starters that support the approach. Included are ample opportunities for students to practice the skills and techniques plus video segments to let them see the ideas in practice.

- **Readers have opportunities to pause, integrate the concepts and ideas, and consider their reaction to real cases and situations** through the *Stop and Reflect* sections within each chapter.
- **Additional reinforcement is provided**, giving students the chance to practice the skills they’ve just learned with classmates through the *Group Exercises*.
- **Readers get to test new ideas and reflect on conflicts and challenges they develop as helpers** through *Journal Starters* that allow them to continue their learning between classes.
- **Students get to see the techniques in action** through *Video Segments/Exercises* for every basic skill in every chapter.
- This new edition continues the best selling features of the previous editions by emphasizing the skills needed in the art of helping while incorporating new integrative features that help readers discover the most effective methods for dealing with clients, including:
 - **Small Group Discussion topics** at the end of each chapter.
 - **Self-Assessments** in most chapters.
 - **Presentation of basic skills and advanced techniques**, such as role-playing, reframing, and basic cognitive therapy methods.
 - The most **up-to-date research and references**.
 - The book **addresses today’s diverse culture**.
 - Readers get relevant information on **suicide and risk assessment**.

About the Author

Mark Young is a Professor at the University of Central Florida. He received his doctorate from Ohio University. He has trained helpers for more than 20 years and worked in community mental health, private practice, college counseling centers, and corrections for more than 15 years. Dr. Young’s professional writing has focused mainly on therapeutic methods and techniques, wellness, and counseling couples. He is the co-author of *Counseling Today* (2012) with Darcy Granello(Pearson) and *Counseling and Therapy for Couples*, 3/e with Lynn Long & Brigid Noonan (In press, Cengage) with Lynn Long & Brigid Noonan.

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