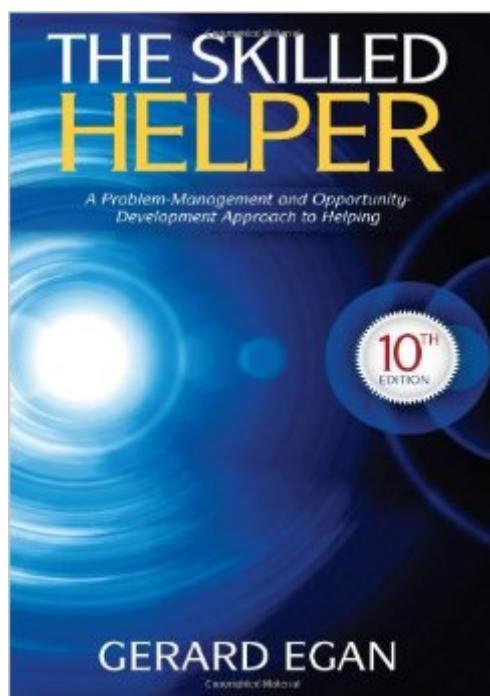


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# The Skilled Helper: A Problem-Management And Opportunity-Development Approach To Helping (HSE 123 Interviewing Techniques)



## **Synopsis**

Over the past 30 years, Egan's THE SKILLED HELPER has taught thousands of students like you a proven, step-by-step counseling process that leads to increased confidence and competence. Internationally recognized for its successful problem-management and opportunity development approach to effective helping, the text emphasizes the collaborative nature of the therapist-client relationship and uses a practical, three-stage model that drives client problem-managing and opportunity-developing action. As you read, you'll also gain a feeling for the complexity inherent in any helping relationship. In this tenth edition, Egan now makes use of his version of the "common factors" approach, which gives new meaning and vitality to the book's themes, as well as to the use of the problem-management model to organize and give coherence to those themes. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

## **Book Information**

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## **Customer Reviews**

The Skilled Helper was mandatory, foundational reading in my early Clinical Psychology training. It is the book that I've recommended most often to young and/or developing clinicians.1) It provides a straight forward explanation that counseling or helping is done "with", not "to" another person.2) It clearly explains the need to meet your client/patient/consumer where they are instead of demanding that they fit a program or treatment model (individualized treatment at it's most basic).3) It acknowledges and defines the term "interaction" - both clinician and client are influenced by the exchange.4) It starts with the core concept of respect and regard for the person (vs. seeing them as

a collection of symptoms or problems)5) It addresses the goal of the client "outgrowing" the therapy relationship (without a lot of heady jargon, this really addresses the boundary, ethics and counter-transference issues that can derail therapy and professional careers)Excellent resource for training new clinicians and for refocusing more experienced "helpers".

I find this book very useful as it extensively covers lots of topics in counseling with a person-centered perspective. it's really easy to understand and practical as it has lots of counseling dialog as examples for readers. I would definitely recommend beginners in counseling & people who are interested in the person-centered perspective.

This book is wonderful. It was assigned reading for a course I voluntarily took to improve my professional consulting skills. The book is full of valuable information that is easy to read yet full of depth. With some practice I have made this a regular part of my life, and my relationships both personally and professionaly have improved for it. I think everyone should read this book!

The chapters seem repetitive but are fairly easy to read. The index is good for finding topics that you are looking for. Egan cites other literature which makes his ideas more credible. I liked the boxes with questions to ask yourself or your client. It helped sum up chapters. I like how the format was consistent throughout. I know this is just one helping model but it would be nice to see how other models differ in comparison. But that may be beyond the scope of this book. The examples he gives are helpful in learning the content. My main complaint is after a semester of use pages started falling out. I would expect better construction if this is a resource I would use in the future.

This book has been really helpful in my beginning studies. I like that there are plenty of examples of interactions between a counselor and client. The examples really helped me solidify how to apply the skills in my first few counseling sessions. I will definitely keep it as a reference point as I start my career in counseling. I do wish it could have been a little cheaper, more than \$100 for an ebook is pretty painful.

I have just one thing to say. If you publish a book like this make sure it is edited correctly. There is so much grammar, spelling, and sentence structure errors that it is very hard to read. Also, I felt when reading that the author was trying to take credit for Rogers work.

Overall a great introduction to counseling. It is not really a theory but a framework approach to helping through which each counselor can work in their own way to help clients. From what I can see, there isn't a whole lot of change to the theory itself from edition to edition. What seems to change is the examples that are used (to make them more relevant to the age) and the use of technology. Overall, very easy read with great general information.

This book was required reading for my class that accompanied my practicum. I had already taken all of my core classes and was now in the field. For me the information was either common sense or repeated from several of my past courses. I was well-written and an easy read so it might be helpful for those who need a refresher or are recently started mental health studies.

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