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### Skilled Helper IE 10th: Egan, Gerard: Amazon.com.au: Books

According to "The Skilled Helper, by Egan", if clients are to make progress, then they need to \_\_\_\_\_. a. "do better" in their day-to-day lives. b. accept the helper's mandate to succeed. c. disrupt the working alliance. d. focus their energies on their painful pasts.

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Author: Gerard Egan, Skilled Helper A Problem-Management and Opportunity-Development Approach to Helping 9e 9th Edition Ninth Edition 2010 Publication (Loose-Leaf)

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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://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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This "quintessential book for helpers - known for its successful approach to effective helping - will show you the collaborative nature of the helper-client relationship as it leads you step by step through the counseling process. Using a practical, three-stage model that drives client problem-managing and opportunity-developing action, Egan patiently helps you master the steps of the helping model, building your competence and confidence as a helper along the way." - back cover.

Awakening Hope" is based on the premise that codependency stems from early attachment disruptions, leading to ongoing anxious and avoidant attachment styles. These styles create a series of defensive behaviors in response to a foundational distrust of attachment that pervades every relationship. 216 pp.

Core Approaches in Counselling and Psychotherapy is a comprehensive guide to the four main psychological approaches (Humanistic, Psychodynamic, Behavioural and Cognitive) and introduces several of the most common therapies used today. This textbook contains sufficient coverage to explain all of the most important elements of these core approaches and sufficient depth to provide a detailed analysis of the ten main therapies: Person-Centred Therapy, Psychoanalytic Therapy, Behaviour Therapy, Cognitive Therapy, Gestalt Therapy, Transactional Analysis, Rational Emotive Behaviour Therapy, Cognitive-Behaviour Therapy, Multimodal Therapy and Neurolinguistic Programming. The book focuses on the development of each approach and presents the associated therapy in its historical and psychological context, giving a deeper insight into the theories and clarifying the overlap between different therapies. Presented in a unique style, with a clear layout, rigorous content and extensive resources available online, Core Approaches in Counselling and Psychotherapy is an invaluable asset for undergraduate and postgraduate students at all levels of study and is the ideal textbook for any degree or higher-level module in counselling.

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