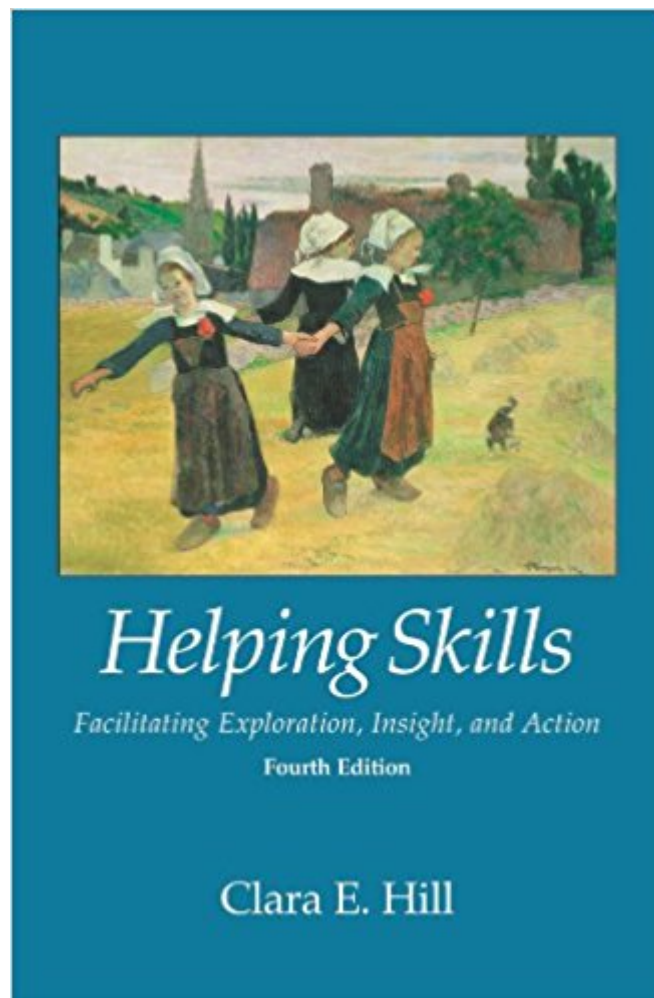




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# Helping Skills: Facilitating Exploration, Insight, And Action, Fourth Edition



## Synopsis

This fourth edition of Clara Hill's popular textbook updates her comprehensive exploration of basic helping skills for undergraduate and first-year graduate students. Hill's three-stage model of helping clients involves exploration, insight, and action. The exploration stage helps clients explore their thoughts and feelings. The insight stage helps clients understand the reasons for their thoughts and feelings. The action stage helps clients make desired changes in their lives.

Authoritative but highly accessible, the book describes the goals and theoretical foundations of the three stages, how helpers can learn and practice the skills used in each stage, general principles for ethical practice, and important cultural issues. Hill also challenges students to think about and discuss the process of becoming helpers and their reasons for doing so. New material in this edition includes Chapters on self-awareness and cultural awareness, a glossary, and additional methods for challenging clients. A research summary at the end of every chapter highlights a relevant empirical study. The companion website has been updated to offer students and instructors helpful resources. Two companion DVDs illustrate the three-stage model: *Helping Skills in Practice* and *Dream Work in Practice*.

## Book Information

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## Customer Reviews

Easy to read and follow along. Very helpful tips and suggestions.

Great in detail, step by step beginners' guide for students who are studying to become a therapist. It has some great examples in the book too. Must buy!

Thank you

I use this as a basic text for training medical students in counseling skills. Solid coverage of the listening skills, and other foundational counseling methods generic to many theoretical approaches.

I found this to be very clear and approachable and yet not oversimplified. A very helpful reference in my first year doing therapy with clients.

I bought this book for my pre-practicum class and am in the process of reading the book by Hill. I find it to be a very helpful book for a counseling student to learn the skills to become a professor helper. The book clearly outlines how to do reflections and ask open-ended questions. It also provides documented research backing what studies say about Rogerian therapy. I think the exercises at the end of the book help the student to learn to put the skills into practice.

I rented this book for an online class. The book was in good quality and saved me money rather than having to buy the book I would never again use. The process of renting and returning the book is very simple. I would recommend

I had a problem with the book. The binding in the cover started to come apart after 2 weeks. The book was in my backpack or on my desk. There was no reason for it to do this .

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