



The Process of Counseling and Therapy (4th Edition)

Janet Moursund, Maureen Kenny

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Taking a very *practical* "how to be a psychotherapist" approach, this overview of the process of counseling provides information that is *fundamental* to counseling, but *not* representative of any one theoretical orientation. Concise, yet thorough--and accessible to novice and seasoned professional alike--it explores counseling basics (e.g., skills, relationship building) as well as specific populations (e.g., groups, clients in crisis, couples and diverse populations). Foundation skills. The initial interview. The early phase. The middle phase. The final phase. The client in crisis. Groups and group therapy. Couple therapy. Dealing with diversity. Care and feeding of therapists. For new and seasoned professionals in counsel and psychotherapy.



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