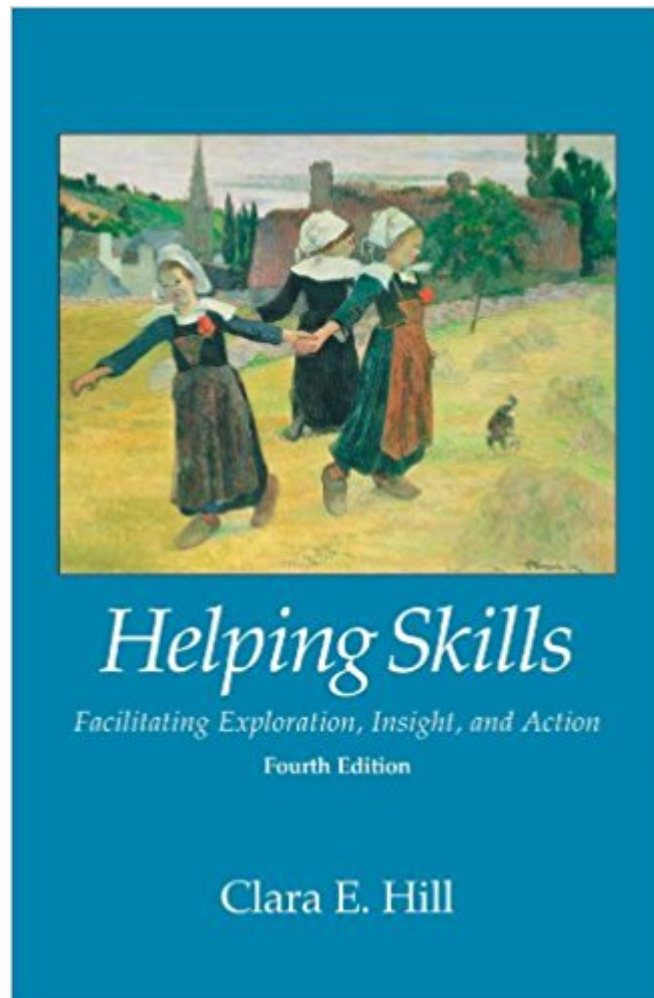




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Helping Skills: Facilitating Exploration, Insight, And Action



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 highlighting 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

Clara E. Hill earned her Ph.D. at Southern Illinois University in 1974. She started her career in 1974 as an Assistant Professor in the Department of Psychology, University of Maryland, and is currently still there as a Professor. She has been President of the Society for Psychotherapy Research,

Editor of the Journal of Counseling Psychology, and Co-Editor of Psychotherapy Research. Awards include the Leona Tyler Award (Society of Counseling Psychology), the Distinguished Psychologist Award (Division 29 of the American Psychological Association), the Distinguished Research Career Award (Society for Psychotherapy Research), and the Outstanding Lifetime Achievement Award (Section on Counseling and Psychotherapy Process and Outcome Research, Society for Counseling Psychology). Her major research interests are helping skills, psychotherapy process and outcome, training therapists, dream work, and qualitative research. She has published 187 journal articles, 67 chapters in books, and 11 books (including Helping Skills, Dream Work in Therapy, Insight in Psychotherapy, Transformation in Psychotherapy, and Consensual Qualitative Research). She is married, with two children and one grandchild.

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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