

1. Record Nr.	UNINA9910480503203321
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Titolo	A brief primer of helping skills [[electronic resource] /] / Jeffrey A. Kottler
Pubbl/distr/stampa	London, : SAGE, c2008
ISBN	1-4522-7878-4 1-322-28354-0 1-4833-2984-4 1-4522-4516-9
Descrizione fisica	1 online resource (193 p.)
Disciplina	158.3
Soggetti	Counseling Psychotherapy Helping behavior Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Preface; Chapter 1 - Learning Helping Skills; Chapter 2 - Theories of Helping; Chapter 3 - Processes and Stages; Chapter 4 - Helping Relationships; Chapter 5 - Exploration Skills; Chapter 6 - Action Skills; Chapter 7 - Brief Interventions; Chapter 8 - Leading Groups; Chapter 9 - Looking at Yourself; Index; About the Author
Sommario/riassunto	A brief primer of essential helping skills for students and professionals in the helping professions, this book contains a brief chapter on theory that provides an overview of the language used in therapy as well as the various approaches used.