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40 Techniques Every Counselor Should Know (2nd Edition) (Merrill Counseling)



Synopsis

User friendly, concise, and thorough, Bradley Erford's *40 Techniques Every Counselor Should Know* gives students a succinct look at the theoretical basis underlying each of 40 counseling techniques, and the common variations that can be used to ensure their successful implementation. The book identifies techniques from diverse theoretical approaches, including: Brief Counseling; Adlerian or Psychodynamic, Gestalt; Mindfulness; humanistic-phenomenological; Social Learning; Cognitive; Behavioral; and Cognitive-behavioral. Transcripts and descriptions show step-by-step how to implement the techniques, outcome research on each technique helps in determining which techniques are best for use with various populations, and multicultural implications help readers learn more about applying each technique and approach to counseling clients from diverse cultures. Added to this new edition are: new chapters on Journaling, Miller and Rollnick's motivational interviewing, self-disclosure, empathic confrontation, and strength bombardment; new sections on mindfulness-based procedures and humanistic-phenomenological approach to counseling; a number of new, edited, or expanded transcripts; and; thorough updating of sources throughout.

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Customer Reviews

This user-friendly, concise, yet thorough resource gives students a succinct look at the theoretical basis underlying each of 40 counseling techniques, and the common variations that can be used to ensure their successful implementation. The book identifies techniques from diverse theoretical

approaches, including: Brief Counseling; Adlerian or Psychodynamic, Gestalt; Mindfulness; humanistic-phenomenological; Social Learning; Cognitive; Behavioral; and Cognitive-behavioral. Transcripts and descriptions show step-by-step how to implement the techniques, outcome research on each technique helps in determining which techniques are best for use with various populations, and multicultural implications help readers learn more about applying each technique and approach to counseling clients from diverse cultures. Added to this new edition are: New chapters on Journaling, Miller and Rollnick's motivational interviewing, self-disclosure, empathic confrontation, and strength bombardment. New sections on mindfulness-based procedures and humanistic-phenomenological approach to counseling. A number of new, edited, or expanded transcripts. Thorough updating of sources throughout.

Bradley T. Erford, Ph.D., LCPC, NCC, LPC, LP, LSP, is a Past President of the American Counseling Association (ACA) and a professor in the school counseling program of the Education Specialties Department in the School of Education at Loyola University Maryland. He has authored or edited more than 30 books. His research specialization falls primarily in development and technical analysis of psycho-educational tests and outcomes research and has resulted in the publication of more than 60 refereed journal articles, more than 100 book chapters, and 15 published tests. He has received numerous awards for his scholarship and service to the counseling profession from ACA and the Association for Assessment and Research in Counseling (AARC), organizations within which he has held numerous leadership positions. ~ ~

It's a very good book and I enjoy very much. I'm a counseling psychology master's I usually use it as reference when I want to know step by step about a certain technique or strategy. The book is written in a way that is very easily understood and to apply. Yet, it should not be the only material you should use as reference as it is good, but it does not provide in-depth information about the techniques already in the book and other therapeutic models.

Just what I needed for my class.

good

Loved how this book was structured! I used it for my counseling practicum and it was immensely helpful for giving me an idea of different techniques and how to apply them. I'm glad I had this as a

beginner and will likely use it a lot during internships too!

Required text, along with Carkhuff, in Counseling Techniques II (Helping Skills II). Excellent resource for techniques, with detailed examples.

Great book. This is one every counselor should own.

Brief and to the point. I purchased this for a class, although, I will add it to my reference library and use it for many years to come.

Each short chapter is a technique with examples of how it can be used with client's. I love it and I am so happy to have found it before I started my second practicum. For a beginning counselor it is extremely helpful to have a tool kit such as this (and something that will be useful throughout my career until I have each permanently saved in my brain).

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