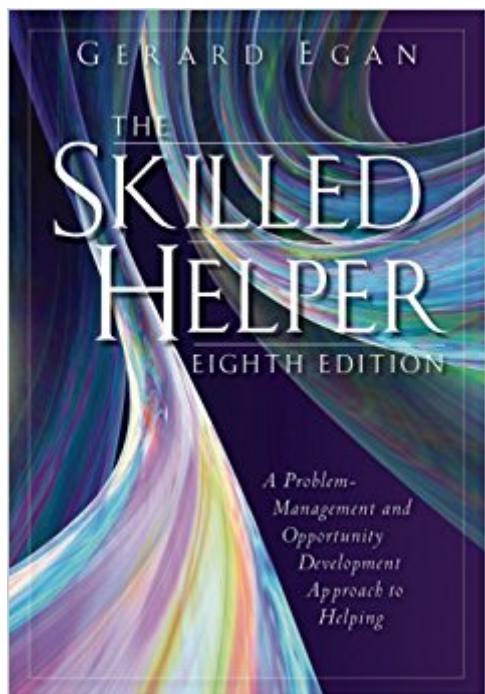


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# The Skilled Helper: A Problem Management And Opportunity Development Approach To Helping



## **Synopsis**

Internationally recognized for its successful problem-management and opportunity development approach to effective helping, Egan's text emphasizes the collaborative nature of the therapist-client relationship and uses a practical, three-stage model that drives client problem-managing and opportunity-developing action. Egan masterfully leads readers step-by-step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers begin to understand the various steps of the helping model, they are able to improve their competence and confidence measurably. In this new eighth edition, Egan has built upon the strengths of the last edition in which he presented a "positive psychology", solution-focused theme by adding new discussions on evidence-based practice, research, and philosophical perspectives around how helpers know what they know.

## **Book Information**

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## **Customer Reviews**

Russ Miars, Portland State, Counseling: "I believe just the right balance of depth and breadth is developed in this text. It appears that a great deal of thoughtfulness has gone into revising the text with important reference updates and new material fully integrated into the flow of the text. The integration of the Positive Psychology constructs throughout Chs. 1-9 is very nice. The central strength of the text remains as it always has: a systematic-eclectic model of helping." Stuart W. B. Evans, University of Melbourne "This text makes experiential and intellectual contact with students and what is better, they continue to use it after they graduate. It is, and has been for

25 years, without doubt the best text of its kind in the world."Ms. Nelica LaGro, University of East London "The manuscript offers an extremely comprehensive account of process, skills and techniques. It would be difficult to find other publications where all these aspects covered in such a thoughtful and challenging way." --This text refers to an out of print or unavailable edition of this title.

Gerard Egan, Ph.D., is Emeritus Professor of Psychology and Organizational Studies at Loyola University of Chicago. He has written over a dozen books and currently writes in the areas of communication, counseling, business and organization effectiveness, management development, leadership, the management of innovation and change, and organization politics and culture. He also conducts workshops in these areas both in the United States and abroad and is a consultant at a variety of companies and institutions worldwide.

Needed this for a psychology class- very helpful and informative, but would definitely use in conjunction with another book so you get multiple views and perspectives on the subject.

A very insightful and well written text. It is presented in such a way that takes the typical dry text read and makes it worth using in everyday practice. I appreciated the selective change in terminology to take away the clinical wording like patient and doctor and replace it with client and helper.

This textbook needs a serious grammar check. It was difficult at times to read because the grammar was incorrect and given that I'm a Graduate student, that's not a good thing.

I needed this book for class. The price here was reasonable. Thanks!

It isn't something that I absolutely love. It was a hard read. It is better than the workbook though.

Overall a great introduction to counseling. It is not really a theory but a framework approach to helping through which each counselor can work in their own way to help clients. From what I can see, there isn't a whole lot of change to the theory itself from edition to edition. What seems to change is the examples that are used (to make them more relevant to the age) and the use of technology. Overall, very easy read with great general information.

Author is repetitive and the book is poorly written. It was a boring read. I had to read it for a class and it was difficult to get through just due to its redundancy.

This book was required reading for my class that accompanied my practicum. I had already taken all of my core classes and was now in the field. For me the information was either common sense or repeated from several of my past courses. I was well-written and an easy read so he might be helpful for those who need a refresher or are recently started mental health studies.

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