



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

By Bradley T. Erford

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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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Editorial Review

From the Back Cover

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:

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- 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.

About the Author

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.

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