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



## 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.

## Book Information

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## Customer Reviews

Length: 0:30 Mins

This is a succinct guide to implementing specific psychotherapeutic techniques. It targets anyone providing psychotherapy. This is absolutely a one-of-a-kind practical overview of particular

counseling interventions. The text is divided into nine sections, each focusing on a different theoretical approach: 1. Solution focused brief counseling 2. Adlerian or psychodynamic 3. Gestalt and psychodrama 4. Mindfulness 5. Humanistic-phenomenological 6. Cognitive-behavioral 7. Social learning 8. Behavioral approaches using positive reinforcement 9. Behavioral approaches using punishment. Each section includes separate chapters for each therapeutic technique. For example, the Mindfulness section includes chapters on guided imagery, deep breathing, and progressive muscle relaxation. The Adlerian or psychodynamic approach section includes chapters on I-messages, acting as if, splitting the soup, mutual storytelling, and paradoxical intention. Each technique is then broken down into (1) origins, (2) how to implement, (3) variations, (4) examples, and (5) usefulness and evaluation. The authors do an excellent job of keeping each chapter short and to the point. They provide example dialogue between patient and counselor and example implementation techniques. I find this text an excellent supplement to a theoretical text like Sharf's *Theories of Psychotherapy & Counseling: Concepts and Cases, 5th Edition*. Pairing these two books together gives students a sense of both the theoretical and practical aspects of psychotherapy. I also think this book would work well for seasoned clinicians who want to brush up on some techniques and easily implement them into practice. This book is very simple to read and can be read cover to cover without difficulty.

Excellent book I used this book for my counseling and techniques class. This book was very helpful in terms of learning effective methods of counseling clients as well as having this book on hand if you intend to pursue your educational degree such as a Master's in Counseling. GREAT BOOK  
Kim J Philadelphia PA

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).

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!

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.

Good companion to the DSM5. A practical manual

I purchased this book to help me prepare for the NCMHCE since it's been quite awhile since I was in school. It's a great guide to these counseling techniques; very succinct and well researched including when to use each one based on published research. It's a great desk reference, too.

Great book. This is one every counselor should own.

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