Advanced Techniques for Counseling and Psychotherapy

This book presents advanced techniques, concepts, and models that have proven to be both practical and readily usable for counselors who work with individuals, couples, families, and children.

This collection of advanced, creative techniques, each accompanied with detailed case studies, will prove useful for both health professionals and counseling students as Dr. Conte provides in-depth coverage of a wide array of therapies, including metaphor, creative, projective, and classic.

Key Features:
- Provides guidelines for some of the basics, such as active listening, empathizing, self-disclosure, and dealing with resistance
- Guidelines for using classic techniques include Adler’s Push-Button technique, the ABC Model, and eye integration therapy
- Includes introductions to the author’s original models such as the “Five Errors of Communication” and the “Four C’s of Parenting”

Using lucid, engaging prose, this book contains all the essential, creative, and advanced techniques that every counselor, psychotherapist, and educator should know.

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