



Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions

By Sherry Cormier, Paula S. Nurius, Cynthia J. Osborn

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This respected text skillfully combines evidence-based interviewing skills and cognitive-behavioral intervention change strategies applicable to a wide range of client ages, cultural backgrounds, and problems in living. The book interweaves attention to conceptual and empirical foundations with an emphasis on practical skills and real-life factors in contemporary settings with diverse clientele. Long commended for its synthesis of up-to-date professional knowledge with case models, learning activities, and guided feedback, **INTERVIEWING AND CHANGE STRATEGIES FOR HELPERS: FUNDAMENTAL SKILLS AND COGNITIVE BEHAVIORAL INTERVENTIONS**, Sixth Edition, features a new streamlined and reader-friendly design, as well as essential new information on vital topics such as ethics, critical thinking, client resistance, exposure therapy, the helping relationship, and recent developments in cognitive behavior therapy. These valuable additions complement a proven instructional format focusing on essential knowledge, skills, values, and tools needed by today's professional helpers.

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Editorial Review

Review

"The Cormier, Nurius, and Osborn text presents interviewing and change strategies within a carefully-researched but very readable format. The crucial importance of building a strong client/counselor relationship is clearly articulated in all of its relevant ingredients. Following this exposition, conceptualizing and assessment with goal setting and treatment planning are carefully examined. Finally, a variety of cognitive behavioral strategies are carefully reviewed with remarkable clarity. Throughout the text, attention is devoted to diversity issues, the client's ecology, and a multidisciplinary helping approach. Valuable learning exercises, client illustrations, and model dialogues are also included for many of the strategies described. A careful reading of this text by your students would ensure that they have been exposed to the fundamental skills and strategies needed for a beginning helper. . . . Graduates will choose to retain this book indefinitely as a reference in their professional library."

"The text, INTERVIEWING AND CHANGE STRATEGIES FOR HELPERS, is a thorough review of the literature and technique that prepares beginning psychologists and counselors to realistically understand, conceptualize and walk with clients through the counseling process. This text encourages learning by doing! The authors provide ample opportunities for the student to go beyond contemplation. There are numerous activities in each chapter that could be likened to a workbook format. If you are fairly new to teaching in the counseling field, this text is a gem as it provides ample teaching opportunities to be utilized during class, requiring little additional preparation by the instructor."

"INTERVIEWING AND CHANGE STRATEGIES is one of the best, if not the best single text to teach basic counseling skills and intervention strategies. It is extremely thorough in the coverage of topics, current in the presentation of research to support the use of the strategies identified, and it seamlessly integrates issues related to diversity into the flow of the discussion. It is very thorough and every chapter has been extremely applicable to the needs of counselors in training. I often tell students that if I had to choose only 2 texts to teach counseling, INTERVIEWING AND CHANGE STRATEGIES would be one of them."

About the Author

Sherry Cormier is Professor Emerita in the Department of Counseling, Rehabilitation Counseling, and Counseling Psychology at West Virginia University in Morgantown, West Virginia. She is a licensed psychologist in the state of West Virginia. Her current research and practice interests are in counseling and psychology training and supervision models; issues impacting girls and women; health, wellness, and stress management; and grief recovery. She lives at the beach near the Chesapeake Bay and enjoys kayaking, yoga, biking, hiking, reading, and music in her leisure time.

Paula S. Nurius is the Grace Beals Ferguson Scholar, Professor, and Associate Dean in the School of Social Work at the University of Washington in Seattle. Dr. Nurius is a mental health specialist with research, practice, and teaching experience that addresses perception and responding under conditions of stress and trauma. She brings particular concern for vulnerable, marginalized populations and to fostering prevention and resilience-enhancing interventions. Her current scholarship focuses on childhood and cumulative life course stress, including impacts of maltreatment, nonviolent adversity, and poverty on physical, mental, and behavioral health disparities. She enjoys the outdoor life of the Pacific Northwest with her husband, daughter, and schnoodle pooch.

Cynthia J. Osborn is Professor of Counselor Education and Supervision at Kent State University in Kent, Ohio. She is a licensed professional clinical counselor and a licensed chemical dependency counselor in Ohio. Her research, clinical practice, and teaching have focused on addictive behaviors and counselor supervision from the perspectives of motivational interviewing and solution-focused therapy. Additional scholarship has addressed case conceptualization and treatment planning skills, and stamina and resilience in behavioral health care. She enjoys reading character novels and practicing yoga, and she and her husband together enjoy exercising and the company of their Bichon Frise dog, Jake.

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Michael Albright:

This Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions is brand-new way for you who has fascination to look for some information given it relief your hunger associated with. Getting deeper you on it getting knowledge more you know otherwise you who still having bit of digest in reading this Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions can be the light food for yourself because the information inside this kind of book is easy to get by simply anyone. These books acquire itself in the form that is certainly reachable by anyone, that's why I mean in the e-book web form. People who think that in guide form make them feel sleepy even dizzy this reserve is the answer. So there isn't any in reading a guide especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book type for your better life as well as knowledge.

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