

An easy-to-apply approach to the dynamic interpersonal process of counseling

Using numerous case studies and examples, this insightful book successfully integrates theory and skills, providing a thorough and applied overview of the counseling field. While concise and practical, *Essential Skills and Strategies in the Helping Process* is also readable and engaging, ultimately helping you understand how and why to use different counseling interventions. Doyle's comprehensive two-dimensional model focuses on understanding communication skills as a key variable in counseling. The text provides numerous illustrations to help you develop the critical communication skills required for effective helping.

Well organized, easy-to-understand, lively, and informative.
Bernard Nisenholz, California State University, Northridge



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