

Health Promotion and Health Counseling

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When clients need to make health changes, this is the definitive source that health professionals can confidently turn to for assessment and psychotherapeutic change strategies. As more clients and patients require help in making health behavior changes, both mental health professionals and other health care professionals are increasingly recognizing their need to incorporate health counseling skills in their professional practice repertoire. Similarly, the emerging practice of complementary and alternative medicine (CAM) and the Surgeon General's directive in Healthy People 2010 for health counseling to be a core component in the training of all health professionals suggests that health counseling has come of age. Counselors, psychotherapists and other health professionals looking to enhance their health counseling skills can turn to Health Promotion and Health Counseling, Second Edition, for clinical input on the assessment, treatment and prevention of such common health concerns as weight control, smoking cessation, sexual performance difficulties, substance abuse, chronic disease, chronic pain, and sleep difficulties.

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