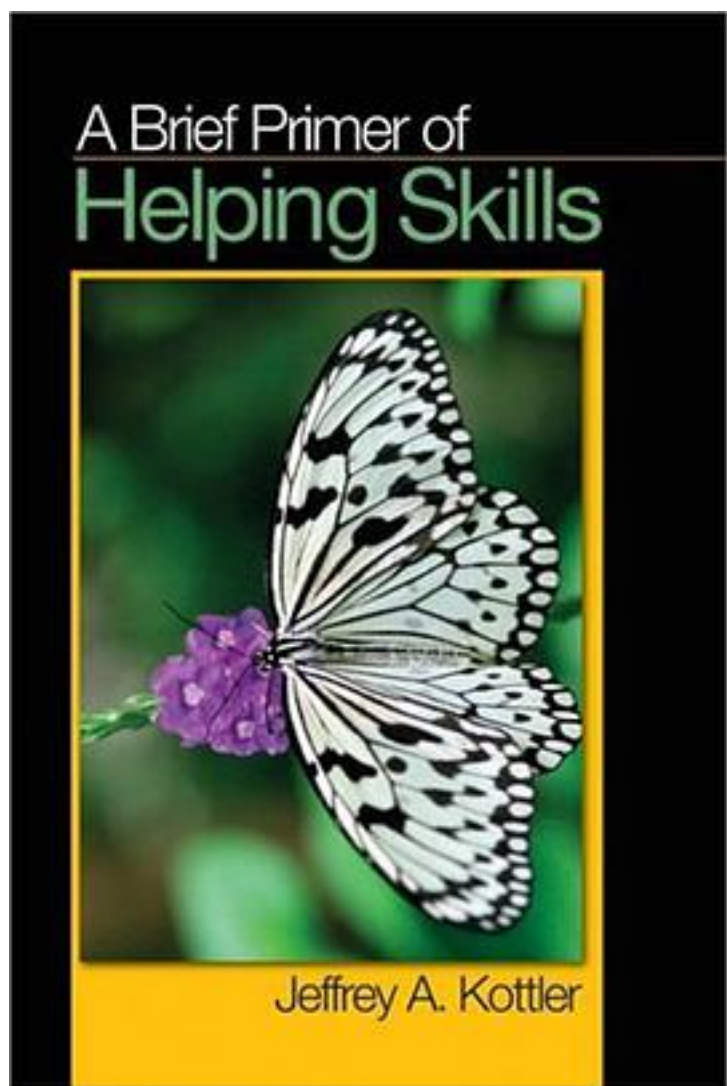


A Brief Primer of Helping Skills



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This book is a brief primer of essential helping skills for students and professionals in the helping professions. The book contains a brief chapter on theory that provides an overview of the language used in therapy as well as the various approaches used by helping professionals. It then covers the core skills, standard interventions, nature of relationships, developing rapport, as well as important issues regarding assessment and formulating a diagnosis.

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