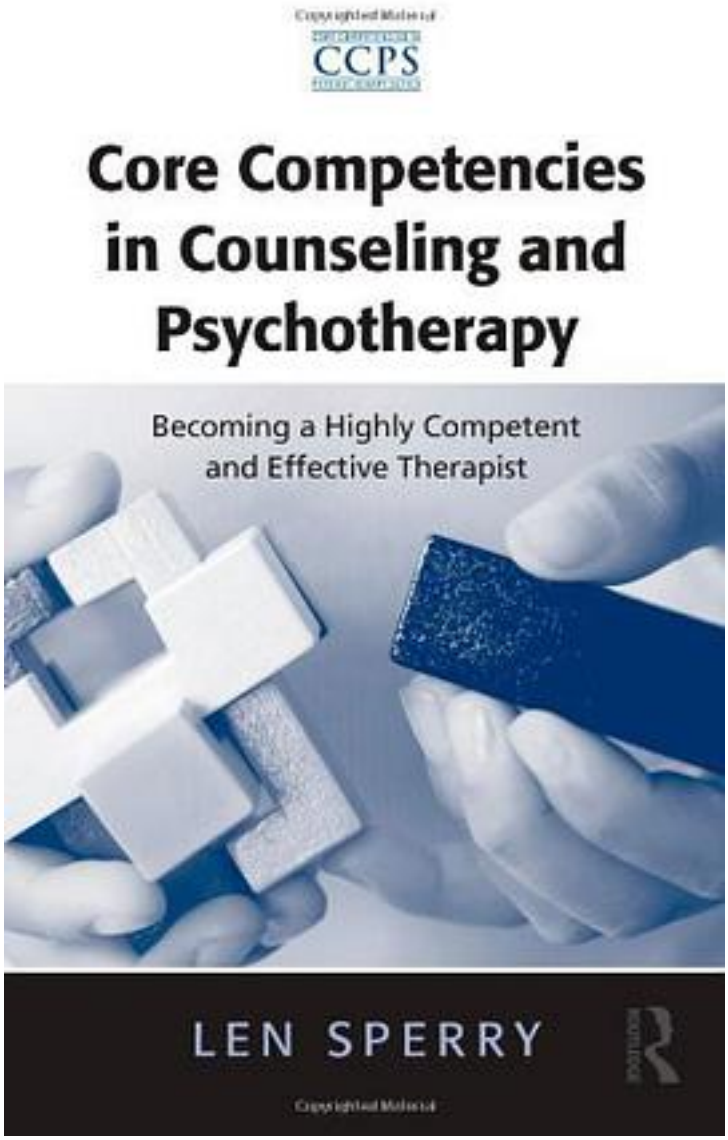
Core Competencies in Counseling and Psychotherapy



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Core Competencies in Counseling and Psychotherapy addresses the core competencies common to the effective practice of all psychotherapeutic approaches and includes specific intervention competencies of the three major orientations. The book provides a research-based framework to aid clinicians in applying these competencies in their own practice. It begins by identifying and describing the core competencies and skills of expert therapists, then elaborates six core competencies and related supporting competencies and skill-sets. Instead of a review of psychotherapy theory and research or a cookbook of methods and techniques, Core Competencies in Counseling and Psychotherapy is a highly readable and easily accessible book that can enhance the knowledge and skill base of clinicians - both novice and experienced - in all the mental health specialties.

作者介绍:

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