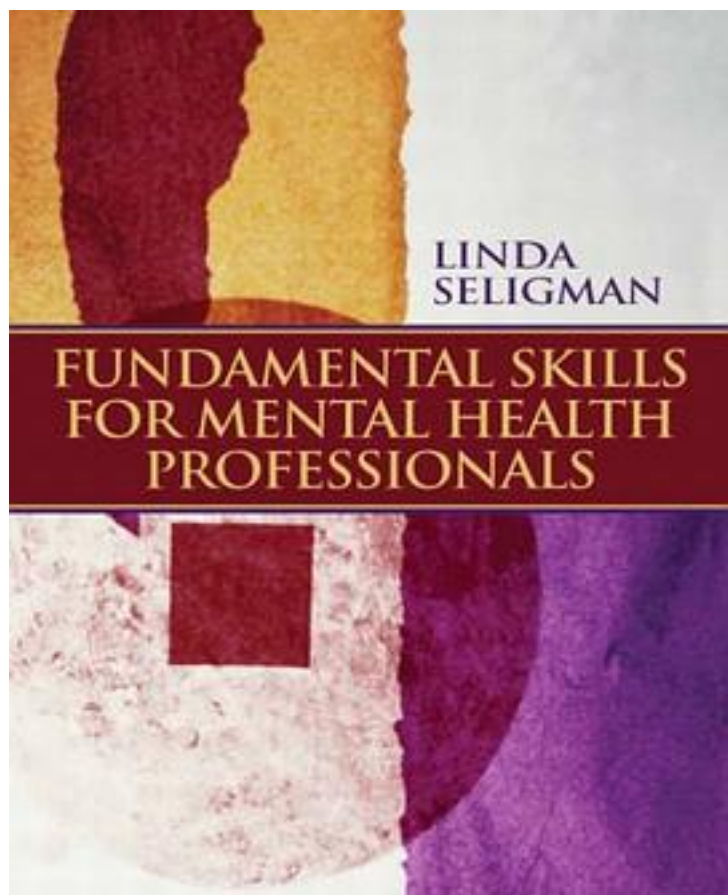


Fundamental Skills for Mental Health Professionals



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著者:Seligman, Linda

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This book is intended to help students and novice clinicians, as well as more experienced clinicians, in the mental health professions of counseling, psychology, and social work to develop competence in the fundamental skills of their profession. With a

solid grounding in such skills as effective use of questions, reflection of feelings, eliciting and modifying dysfunctional thoughts, and behavioral change strategies, clinicians can both acquire a sound understanding of their clients and develop strong helping skills.

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