



Values Clarification in Counseling and Psychotherapy: Practical Strategies for Individual and Group Settings (Paperback)

By Howard Kirschenbaum

Oxford University Press Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. This work meets a long-standing need in the helping professions by being the first and only comprehensive book devoted to these priority-defining and goal-setting values clarification strategies for counseling and psychotherapy by providing a clear description of what values clarification is and is not. The book demonstrates, with great precision and hundreds of clinical examples, how counselors and psychotherapists in many fields can ask good clarifying questions, and employ dozens of strategies with individuals, couples, families, and groups. Values clarification is perhaps best known for the many values clarification strategies that can be used with individuals and groups to explore a myriad of counseling topics. Values clarification is compared and contrasted to other approaches to counseling and psychotherapy, including person-centered, cognitive-behavioral, reality therapy-choice theory, existential, individual psychology, solution-focused, narrative, motivational interviewing, acceptance and commitment therapy, appreciative inquiry, life coaching, and positive psychology. Helping clients determine their priorities, set goals, make decisions, and take action to improve their lives are common tasks for virtually all helping professionals when engaging with clients. This is the process known as values clarification (or Values Clarification). While counselors...

Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It is in a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.