

Skilled Helper: A Problem-Management Approach to Helping

Gerard Egan



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This quintessential book for helpers is internationally recognized for its successful problem-management approach to effective helping. Emphasizing the collaborative nature of the therapist-client relationship and using a practical, three-stage model that drives client problem-managing and opportunity-developing action, Egan leads readers step by step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers master the various steps of the helping model, they are able to improve their competence and confidence measurably.

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