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A Brief Primer of Helping Skills is a highly readable, accessible, and practical introduction to the skills of helping and making a difference in people's lives. In an engaging and concise style, author Jeffrey A. Kottler gives students in various professions an overview of the theory, process, and skills of helping methods. It is designed as an operating manual for those in human service professions to learn the basics involved in developing helping relationships, assessing and diagnosing complaints, promoting

exploration and understanding, and designing and implementing action plans. Key Features Offers a brief introduction to the helping process: Written in an accessible and conversational style, this book helps students and professionals become familiar with the basic process quickly. Provides personal applications: This book helps students enrich their lives while learning how to be more helpful to others. Includes applications to a variety of settings and disciplines: Students can actually use material and skills in the book in all the various domains in which they function—at work, in volunteer agencies, with friends and family. Uses an integrative approach: The best features of all major theories and research are combined into a unified model of helping that is responsive to different needs. Intended Audience This supplemental text is ideal for introductory undergraduate and graduate courses such as Introduction to Social Work, Introduction to Counseling, and Introduction to Human Services in the fields of counseling, psychology, human services, social work, education, family studies, marital and family therapy, pastoral work, nursing, human resource development, and other helping professions. It is also an excellent resource for beginning practitioners.

The field of positive psychology has blossomed over the past fifteen years due to its uplifting perspective as well as research findings demonstrating the effectiveness of its practical applications for enhancing individual and organizational well-being. The concepts within positive psychology including focusing on personal strengths, positive emotions, well-being, and factors related to success and thriving can connect with an inner sense of hope and motivation for growth and constructive change. There is a congruency between these concepts of positive psychology and the focus on development, acquiring knowledge and skills, and nurturing of talent and potential that defines higher education. Indeed, positive psychology offers a refreshing and valuable framework for the programs and activities found in academic and student affairs departments. Positive Psychology on the College Campus provides innovative and practical strategies that can be employed with students to enhance both their personal development and educational experiences. Individual chapters, all written by experts in their fields, describe research and offer approaches for readers to use with students. With its wide-ranging topics and distinguished contributors, Positive Psychology on the College Campus is a must-have resource for all those who work with college students, including academic advisors, administrators, counselors, faculty, residence-life staff, and student-activities staff. In fact, no matter where your office may be located on the campus map, positive psychology can be applied to your work.

Lifestyle Wellness Coaching, Third Edition With Web Resource, offers an evidence-based and systematic coaching methodology that professionals can use to help clients achieve long-term overall wellness by addressing health, fitness, and lifestyle.

Working Deeply is a guide for coaching and development professionals to help them foster their clients' efforts in deep transformational learning. It introduces key concepts, theory and practical techniques for undertaking transformational coaching, and provides cases and examples illustrating the use of these tools in practice.

Readers will be introduced to the three core approaches of counselling, coaching and mentoring, and shown how they work across a variety of settings, including therapy, teaching, social work and nursing. Part 1 takes readers through the theory, approaches and skills needed for helping work, and includes chapters on: The differences and similarities of counselling, coaching and mentoring Foundational and advanced skills for effective helping Supervision and reflective practice Ethical helping and working with diversity Part 2 shows how helping skills look in practice, in a variety of different helping professions. 10 specially-written case studies show you the intricacies of different settings and client groups, including work in schools, hospitals, telephone helplines and probation programs.

What is a just response to persons seeking to desist from criminal behavior? In America, over the last several decades mass incarceration has emerged as the prevailing policy response to crime and reoffending. The majority of those who are imprisoned will be released, and those that are released tend to return to communities challenged by high rates of violence, crime, unemployment, and poverty. In these conditions, without some type of intervention, persons with criminal histories are likely to reoffend. April Bernard, through compelling interviews and field research with formerly gang affiliated women, illuminates how through community support and their active engagement in peacemaking work in distressed neighborhoods throughout Chicago they were able to desist from crime, rebuild their lives, and become meaningful contributors to their communities. This book explores the role of community in facilitating the commitment to desist from crime, by offering critical support and opportunities for stewardship. Bernard provides a timely analysis of the transformative potential of a new perspective on criminal justice which incorporates stewardship and community engagement as a fundamental principal in the response to persons seeking to desist from criminal behavior, particularly women. The book combines moving personal narratives with concrete practical evidence to call for an alternative to ideology that supports the existing punitive policies and practices of the criminal justice system and the corresponding lack of interventions and opportunities for persons seeking to desist from crime. This deeply informed, and perceptive analysis concludes with suggestions for alternatives that fit within a transformative justice paradigm.

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