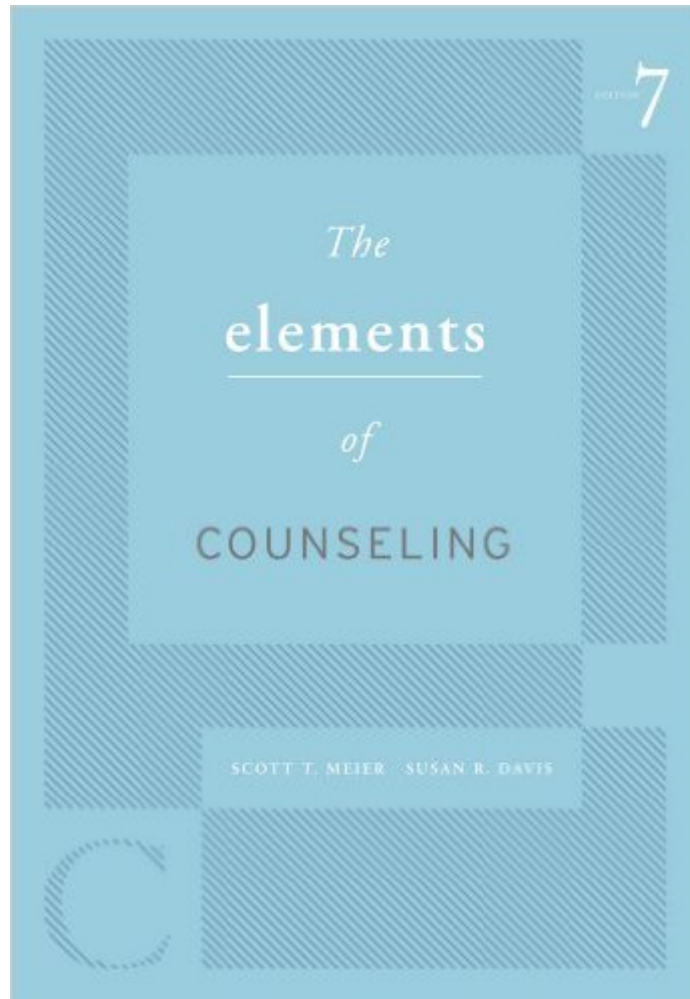


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# The Elements Of Counseling (HSE 125 Counseling)



## Synopsis

Widely known and appreciated for its simplicity, clarity, and brevity, THE ELEMENTS OF COUNSELING provides a simple conceptual framework for thinking about counseling. Covering the basic elements of counseling in an abbreviated outline format, Meier and Davis use counselor/client dialog to introduce students to counseling skills and effectively demonstrate each necessary skill in a 'real world' setting. THE ELEMENTS OF COUNSELING presents information that is essential both for beginning counselors to know, and for experienced counselors to remember. Meier and Davis address key topics including relationship building, the counseling process, self-exploration, and the foundations upon which further intervention is laid. Furthermore, the authors go back to basics by addressing what counseling is, as well as what it is not. The result is a handy primer that gives students the framework upon which to build their counseling knowledge. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

## Book Information

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## Customer Reviews

This book is a great starting point for those interested in learning more about counseling. It is

modeled after the English book "The Elements of Style," and its numbered format makes it really easy to follow. It can be read from front to back, or skipping around chapters. It was a very easy read and I will enjoy having it around to re-read some of the "elements" as the need arises. I recommend this book for anyone who is interested in a quick overview of the theories in counseling.

This will be a permanent piece of my office because I simply don't think I will ever be rid of it. It is beautifully put together for anyone new (like myself) who's just coming into counseling, but it would also serve as a wonderful reminder for anyone who's been in the field for a length of time.

I had to buy this book for a grad course in clinical interviewing. It is composed of many mini-chapters that give you some basic ideas about what to do and what to avoid. The skills are basic and this is very handy to have around.

While I was required to read this book, I found it rather useful and informative. It's certainly applicable in the counseling field, which, coming from me, is a huge compliment since I have no desire to become a counselor. I also feel this text is useful in regular life, at least where listening skills are concerned. This book is a quick read and not overly technical. I'd definitely recommend this book to those interested in helping professions.

Such a great book! I was recommended it by my professor of my counseling skills class and I'm glad I bought it. It is smaller than I thought, but don't let that fool you; it is full of helpful information for a new counselor. I can see this being a great reference in my future career.

I got this book in undergrad at UB and while I realized it then as a good resource, I did not truly appreciate its utility. Now at an ivy league school studying in school psychology, this book is where I turn when I need a refresher in counseling. I appreciate this book because it gives tangible examples (ie hypothetical conversations with client and therapist). Now that I am deeper in the field I can tell you, most counseling books are SO OVER WORDY. It makes even a non-educated person feel bored. So it is extremely painful when teachers assign those books!!! I don't necessarily believe that the thicker the book the better the resource, or the more expensive the book the better- and in the case of counseling, the opposite might be true. Which is why this book is a true star. Thanks to my CEP teacher for assigning it (Diane McMullen Spring 2011). Honestly I wish other publishers on topics of counseling would take note, educated students don't need a 1" textbook on how to talk to

people. Chances are, if you are interested in the field you are already kinda good at that part. And even if you aren't- robots haven't taken over the world yet, so nearly everyone (except maybe personality disorders) knows how to talk and be reciprocal in conversation, even just socially. This book goes past that and really gives the reader tangible ways to be a better listener and helper while pulling more rich information from a client. This book does not make you sift through common sense. I appreciate it, I appreciate the succinctness and the authors not being pressured into the traditional textbook method of blah blah blah and after 4 years I think it was time for me to say so.

Besides the fact that I love Scott Meier and Susan Davis as people . . . this book is literally packed with wisdom and clarity for beginning and experienced counselors and psychotherapists. The fact that it's short and easy to read sometimes leads people to read it once and think they've got it. Instead, this book should be used like the old "Elements of Style" in that it provides a centering guide to all who want to do counseling and psychotherapy. I recommend coming back to it often to get reoriented to the basics of what we're supposed to be doing. The other thing to know is there's no bad advice in this book. Meier and Davis know what they're doing.

easy & quick read. practical advice for beginners. Highly recommended!

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