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The Counseling Process: A Multitheoretical Integrative Approach (Skills, Techniques, & Process)

Elizabeth Reynolds Welfel, Lewis E. Patterson

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This concise introduction to the counseling process elaborates a three-stage model of counseling, including disclosure, exploration, and action planning, and describes the counselor skills, attitudes, and knowledge essential to therapeutic change. The text assumes a multitheoretical and integrative position, introducing ideas from a variety of theoretical perspectives and explaining how each might contribute to the counselor's work. This new edition reflects the authors' view that counselors and clients collaborate as partners to understand the issues the client faces, illuminate their causes, and then establish effective action plans for therapeutic change.

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