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Skills, respected clinician and researcher Clara Hill has revised and updated her popular textbook, continuing her comprehensive exploration of empirically supported, basic helping skills for undergraduate and first-year graduate students. Following Hill's well-established three-stage model of helping (Exploration, Insight, and Action), the text presents an integrative approach that is grounded in client-centered, psychoanalytic, and cognitive-behavioral ...

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undergraduate and first-year graduate students. Hill's model consists of three stages — exploration, insight, and action — in which helpers guide clients in exploring their thoughts and feelings, discovering the origins and consequences of maladaptive thoughts and behaviors, and acting on those discoveries to create positive long-term change.

Helping Skills: Facilitating Exploration, Insight, and ...

- The chapter on skills for facilitating insight (Chapter 12) has been changed to highlight more that these are interpretive skills (because both challenges and immediacy are also used to facilitate insight gains).
- I have updated references throughout and

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added more current empirical evidence.

Helping Skills: Facilitating Exploration, Insight, and ...
Hill ' s three-stage model of helping clients involves exploration, insight, and action. Each stage is described in depth, including the theoretical foundations, goals, and helper skills involved. General principles for ethical practice are also discussed, along with important cultural issues.

Helping Skills: Facilitating Exploration, Insight, and ...
Helping Skills: Facilitating Exploration, Insight, and Action (newest, 5th Edition, 2020) Fifth Edition. by Dr. Clara E. Hill PhD (Author) 4.4 out of 5 stars 15

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Hill's model consists of three
stages-exploration, insight, and
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