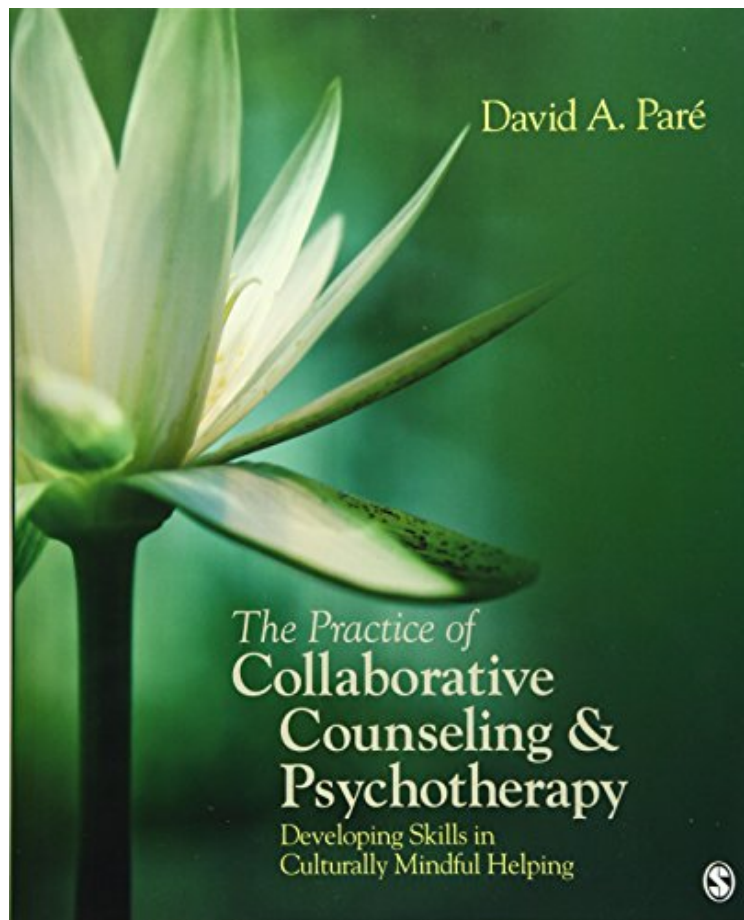


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The Practice of Collaborative Counseling and Psychotherapy: Developing Skills in Culturally Mindful Helping

David A. Pare

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0 of 0 people found the following review helpful. This book is thought provoking and so well organized. ...By Customer This book is thought provoking and so well organized. Pare leads us, step by step, thru the process of counseling, parsing concepts into new understandings that deepen awareness and skill in relating to others. Must read.

The Practice of Collaborative Counseling and Psychotherapy: Developing Skills in Culturally Mindful Helping is a comprehensive introduction to counseling and psychotherapy skills designed to teach future practitioners how to develop and foster collaborative relationships with their clients. Keeping power relations and cultural diversity at the

forefront, Pars text examines, step by step, the skills involved in collaborative therapeutic conversationan approach that encourages a contextual view of clients and counteracts longstanding traditions of focusing primarily on individual pathology. Indeed, this insightful text teaches students how to keep clients at the heart of their therapy treatment by actively engaging them in the helping process.

At last! The textbook I have been waiting for! It's hard these days to write a counseling textbook that is fresh and doesn't read like a rehash of existing texts. David Pare has done it. Many textbooks teach the practice of counseling to new learners by relying on basic ideas generated before the 1970s and grafting more recent developments onto this foundation as optional modalities. David Pare avoids this trap. He does not assume that the world has not changed or that innovative ideas that demand attention are not constantly being produced. Neither does he dismiss the foundations of counseling laid a generation or two ago as irrelevant. Instead he weaves into them new emphases drawn from the most creative practices of recent decades and makes them relevant to students learning the basics of practice. Specifically, ideas drawn from the turn to meaning are placed alongside well-established traditions of counseling. Remarkably, David Pare both draws from sophisticated philosophical thought and yet avoids heady jargon. He speaks to the reader in a very direct, practical, and accessible way. This book guides students through the complex process of learning to be a counselor without hurrying understanding along or glossing over knotty issues. There is plenty of invitation to reflect, to loiter with a poignant metaphor, to discuss subtle nuances, and to incorporate both accumulated wisdom and vigorous new ideas into creative practice. There are also many useful suggestions for practice exercises to use in class. This book will help enthusiastic and caring practitioners become skilled and intentional in their practice. I can't wait to share it with classes. "John Winslade, Professor and Associate Dean, College of Education, California State University, San Bernardino. "--John Winslade" At last! The textbook I have been waiting for! It's hard these days to write a counseling textbook that is fresh and doesn't read like a rehash of existing texts. David Pare has done it. Many textbooks teach the practice of counseling to new learners by relying on basic ideas generated before the 1970s and grafting more recent developments onto this foundation as optional modalities. David Pare avoids this trap. He does not assume that the world has not changed or that innovative ideas that demand attention are not constantly being produced. Neither does he dismiss the foundations of counseling laid a generation or two ago as irrelevant. Instead he weaves into them new emphases drawn from the most creative practices of recent decades and makes them relevant to students learning the basics of practice. Specifically, ideas drawn from the turn to meaning are placed alongside well-established traditions of counseling. Remarkably, David Pare both draws from sophisticated philosophical thought and yet avoids heady jargon. He speaks to the reader in a very direct, practical, and accessible way. This book guides students through the complex process of learning to be a counselor without hurrying understanding along or glossing over knotty issues. There is plenty of invitation to reflect, to loiter with a poignant metaphor, to discuss subtle nuances, and to incorporate both accumulated wisdom and vigorous new ideas into creative practice. There are also many useful suggestions for practice exercises to use in class. This book will help enthusiastic and caring practitioners become skilled and intentional in their practice. I can't wait to share it with classes. --John Winslade (10/01/2012)" At last! The textbook I have been waiting for! It's hard these days to write a counseling textbook that is fresh and doesn't read like a rehash of existing texts. David Pare has done it. Many textbooks teach the practice of counseling to new learners by relying on basic ideas generated before the 1970s and grafting more recent developments onto this foundation as optional modalities. David Pare avoids this trap. He does not assume that the world has not changed or that innovative ideas that demand attention are not constantly being produced. Neither does he dismiss the foundations of counseling laid a generation or two ago as irrelevant. Instead he weaves into them new emphases drawn from the most creative practices of recent decades and makes them relevant to students learning the basics of practice. Specifically, ideas drawn from the turn to meaning are placed alongside well-established traditions of counseling. Remarkably, David Par

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About the Author David Par, PhD is a psychologist and family therapist. He is also a full professor at the University of Ottawa, Faculty of Education, where he teaches counselling and psychotherapy. The director of the Glebe Institute, A Centre for Constructive and Collaborative Practice, Dr. Par has a long-standing interest in collaborative approaches to counselling and supervision. He is co-editor of *Collaborative Practice in Psychology and Therapy* (with Glenn Lerner), *Furthering Talk: Advances in the Discursive Therapies* (with Tom Strong), and the *Social Justice and Counseling: Discourse in Practice* (with Cristelle Audet).