



Microskills and Theoretical Foundations for Professional Helpers

By Paula B. Poorman Ph.D.

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Microskills and Theoretical Foundations for Professional Helpers offers an exploration of both the art and the science of professional helping. This unique book addresses both the microskills of professional helping in-depth to facilitate actual skill development and the theories of helping in enough depth to foster development of "personal theories" of helping. Readers can easily integrate theory with practice by using a book that cuts across the disciplines of psychology, counseling, marriage and family counseling, human services, and social work with the theories that form the foundation for professional helping. For anyone involved in family counseling, human services, social work, etc.

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