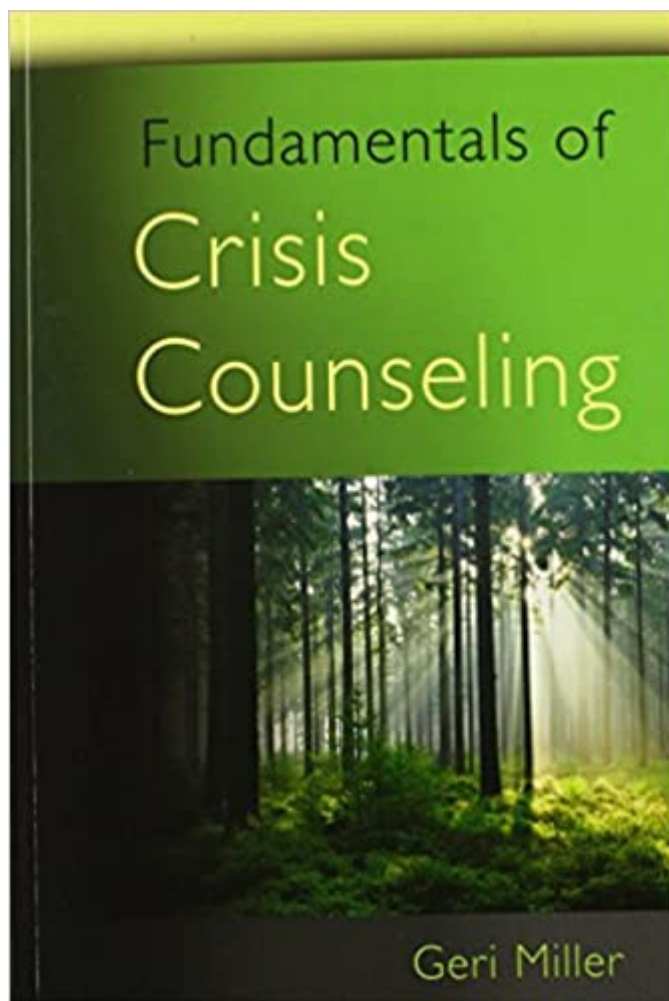


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# Fundamentals Of Crisis Counseling



## Synopsis

An indispensable handbook for assisting clients in crisis and in their journey toward healing. Integrating practical training with both research and theory, *Fundamentals of Crisis Counseling* offers students and professionals proven hands-on techniques to assist clients in recovery from crisis and towards an eventual return to their day-to-day lives. Written in the author's gentle yet purposeful voice, this reader-friendly guide is filled with lessons on current evidence-based counseling, how to operate as a client stress manager, and information on finding resources that facilitate client resilience. In addition, the author helps counselors improve counseling effectiveness by gaining a better understanding of their own strengths and weaknesses and emphasizes the importance of self-care. Stemming from the author's thirty-five years of experience as a crisis counselor, this book contains valuable information on:

- Crisis theory and intervention models
- Concepts, techniques, assessment, and treatment for disaster mental health work
- Legal and ethical concerns regarding working with individuals, groups, couples, and families
- Assessment and instrument selection
- Main concepts and techniques of brief therapy, motivational interviewing, stages of change, positive psychology, grief therapy, client resilience, and spirituality
- Multicultural crisis counseling techniques centered on age, gender, sexual orientation, and ethnicity
- Counselor self-care complete with case studies and examples

Ideal for all mental health professionals looking for guidance on best practices in crisis counseling, this book is also suitable for training professionals and counseling students. The book includes access to an online instructor's test bank, PowerPoint slides, and syllabi in line with 2009 Council for Accreditation of Counseling and Related Educational Programs (CACREP) standards. *Fundamentals of Crisis Counseling* imparts useful knowledge on little utilized crisis counseling abilities, preparing counselors at every stage to effectively respond to the immediate and lasting affects of crisis.

## Book Information

Paperback: 288 pages

Publisher: Wiley; 1 edition (October 25, 2011)

Language: English

ISBN-10: 0470438304

ISBN-13: 978-0470438305

Product Dimensions: 6.2 x 0.8 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 4 customer reviews

Best Sellers Rank: #162,323 in Books (See Top 100 in Books) #23 in Books > Textbooks > Medicine & Health Sciences > Administration & Policy > Health Risk Assessment #33 in Books > Medical Books > Administration & Medicine Economics > Health Risk Assessment #568 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

## Customer Reviews

Geri Miller, PhD, Diplomate in Counseling Psychology, ABPP, is a Full Professor in the Department of Human Development and Psychological Counseling at Appalachian State University. She is a Disaster Mental Health Worker with the American Red Cross and has responded to local, state, and national disasters. She has been a CACREP Site Team Member since 1992. The author of two books, including *Learning the Language of Addiction Counseling, Third Edition* (published by Wiley), Dr. Miller was awarded the 2009 Ella Stephens Barrett Award for excellence in professional leadership, the most coveted honor bestowed by the North Carolina Counseling Association.

This book was 1 of 2 required for my Crisis Intervention class (HSM400), and all I can say is LOVE LOVE LOVE. Obviously it is not a typical school book, but I think that's why it was so good. There was a lot of cross over between this and the text book, but to my surprise, this had a lot more information - it was my go to for all my papers and contained information the text book did not. Also, it is well written and conversational, which makes it an easy read. I typically find my mind wonders after a bit when reading textbooks (no matter how intersecting the topic), but that was not the case with *Fundamentals of Crisis Counseling*...One more thing- I never ever re-read assigned texts, but I plan to read this book again over my next break. BECAUSE I WANT TO. I'm looking forward to reading it front to back, without chapter skips or interruptions - this book is that dang good.

This book implies that it will give you the basics, and that is all you get. The chapters are short, but not in a good way, more in a "I feel like I only read the abstract. Where is the rest of the article?" kind of way. This book will not be very helpful in my Counseling career, or in a crisis. This is the WebMD version of crisis counseling; you'll have to consult someone/something else still.

This was great and very easy to maneuver while reading. The hardest part was not having actual page numbers to be able to quote or do page references. Or if there is a way to convert location to actual page number that would be great!

Great Quality

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