



Helping Skills: Facilitating Exploration, Insight, and Action

Clara E. Hill

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This fourth edition of Clara Hill's popular textbook updates her comprehensive exploration of basic helping skills for undergraduate and first-year graduate students. Hill's three-stage model of helping clients involves exploration, insight, and action. The exploration stage helps clients explore their thoughts and feelings. The insight stage helps clients understand the reasons for their thoughts and feelings. The action stage helps clients make desired changes in their lives.

Authoritative but highly accessible, the book describes the goals and theoretical foundations of the three stages, how helpers can learn and practice the skills used in each stage, general principles for ethical practice, and important cultural issues. Hill also challenges students to think about and discuss the process of becoming helpers and their reasons for doing so.

New material in this edition includes Chapters on self-awareness and cultural awareness, a glossary, and additional methods for challenging clients. A research summary at the end of every chapter highlighting a relevant empirical study.

The companion website has been updated to offer students and instructors helpful resources. Two companion DVDs illustrate the three-stage model: *Helping Skills in Practice* and *Dream Work in Practice*.

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