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Learning the Art of Helping emphasizes the techniques and skills necessary to be effective in the art of helping—from the basic building blocks to advanced therapeutic techniques and goes beyond the basic techniques to address the "megaskills" and common curative factors that lie behind these methods, including how to form and repair a therapeutic relationship. The author's conversational tone is appealing to students, yet the book is carefully referenced for instructors.

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Learning the Art of Helping : Building Blocks and Techniques, 3.88 (238 ratings by Goodreads) Paperback, English. By (author) Mark E. Young. Share. Students and beginning counselors get step-by-step guidance for developing the skills and techniques they need to effectively help their clients. This sixth edition of the best-selling Learning the Art of Helping: Building Blocks and Techniques emphasizes the techniques and skills necessary to be effective in the art of helping, from basic ...

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Learning the Art of Helping Book Summary : This book introduces readers to basic helping skills and advanced helping techniques within an eclectic framework, providing interactive, step-by-step instructions and practice exercises. A straightforward writing style discusses the most commonly used techniques, and prepares future practitioners to integrate assessment data, plan treatment, and implement strategies for a wide range of clients.

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**Learning the Art of Helping : Mark E. Young : 9780134391076**

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Students and beginning counselors get step-by-step guidance for developing the skills and techniques they need to effectively help their clients. This sixth edition of the best-selling Learning the Art of Helping: Building Blocks and Techniques emphasizes the techniques and skills necessary to be effective in the art of helping, from basic building blocks to advanced therapeutic techniques. The text is practical, innovative, and focused on the relationship between helper and client. The author incorporates the latest research on effective treatments, while offering an integrative perspective. The author's conversational tone is appealing to students, yet the book is carefully referenced for instructors. The goal is to make beginning helpers become "reflective practitioners." "Stop and Reflect" sections, exercises, homework, class discussion topics, and Journal Starters support this approach. The sixth edition includes new sections highlighting issues of culture in research, challenges related to gender differences, and helping skills specific to children.

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When searching for someone to help them reflect upon and improve their lives, people tend to be drawn towards those who are compassionate, committed and wise. This book is aimed at those who recognise these qualities in themselves and wish to develop their capacity to engage with and help others. The authors argue for ways of approaching helping and counselling that are rooted in care and commitment, drawing upon the experiences and practice wisdom of youth workers, housing support and hostel workers, the clergy and those working in a religious setting, educators and settlement and community workers. They explore the key characteristics of those who counsel and teach and examine aspects of the helping process, focusing on living life well, knowing and being oneself, relating to others and working to make change possible. This book will be essential reading for students on professional training programmes in youth work, community education, ministry, social care and counselling.

By the bestselling author of Career Anchors (over 431,000 copies sold) and Organizational Culture and Leadership (over 153,000 sold) • A penetrating analysis of the psychological and social dynamics of helping relationships • Named one of the best leadership books of 2009 by strategy+business magazine Helping is a fundamental human activity, but it can also be a frustrating one. All too often, to our bewilderment, our sincere offers of help are resented, resisted, or refused—and we often react the same way when people try to help us. Why is it so difficult to provide or accept help? How can we make the whole process easier? Many different words are used for helping: assisting, aiding, advising, caregiving, coaching, consulting, counseling, guiding, mentoring, supporting, teaching, and many more. In this seminal book on the topic, corporate culture and organizational development guru Ed Schein analyzes the social and psychological dynamics common to all types of helping relationships, explains why help is often not helpful, and shows what any would-be helpers must do to ensure that their assistance is both welcomed and genuinely useful. The moment of asking for and offering help is a delicate and complex one, fraught with inequities and ambiguities. Schein helps us navigate that moment so we avoid potential pitfalls, mitigate power imbalances, and establish a solid foundation of trust. He identifies three roles a helper can play, explaining which one is nearly always the best starting point if we are to provide truly effective help. So that readers can determine exactly what kind of help is needed, he describes an inquiry process that puts the helper and the client on an equal footing, encouraging the client to open up and engage and giving the helper much better information to work with. And he shows how these techniques can be applied to teamwork and to organizational leadership. Illustrated with examples from many types of relationships—husbands and wives, doctors and patients, consultants and clients—Helping is a concise, definitive analysis of what it takes to establish successful, mutually satisfying helping relationships.

A succinct, uncompromising study of what it means to help other people, this book, first published in 1978, examines the helping process in the light of the principles of Zen Buddhism. Emphasizing the Zen precepts of true compassion, newness and Taoistic change, it explains how a helper can break down the artificial barriers that serve to separate people and hinder the helping process. As the teachings of Zen demonstrate, real compassion involves a selflessness and respect that can bring helper and helped together.

With this practical, experiential approach, the Second Edition of Applied Helping Skills: Transforming Lives covers the basic skills and core interventions needed to begin seeing clients. By approaching therapy as an art rather than from a prescriptive diagnostic position, this text encourages readers to look at every situation differently and draw from their embedded knowledge to best serve the individuals in their care. Authors Leah Brew and Jeffrey A. Kotler weave humor and passion into their engaging prose, effectively conveying their excitement and satisfaction for doing helping work.

#2 on Photo.net's list of Best Photography Books of 2014! To create successful imagery, you need to balance technical know-how and aesthetic vision. In Camera & Craft, we deconstruct photographic principles in new ways to help you think through your process. Together with nine guest photographers, we explore photographic practice and follow up with inventive exercises and demonstrations that challenge you to engage with your tools—all with the goal of helping you work more creatively. Along the way are conversations with our guest photographers that address each topic, from how the professionals work with clients and models to what they think about as they look through the viewfinder. Here's what you'll find inside: Advice and insights from professionals working in a variety of fields, from photojournalism and portraiture to fine-art, landscape and commercial photography Technical explanations about how photographic tools work—so you can connect knowledge to your practice and work more instinctively and creatively Key steps for improving digital workflow Innovative exercises at the end of each chapter as well as on our companion website that encourage you to experiment with and understand the photographic process—from learning how far you can push your camera's sensor to exploring the effects of neutral vs. creative color Interviews with technical and creative experts about developing skills and making images that matter This book is part of The Digital Imaging Masters Series, which features cutting-edge information from the most sought-after and qualified professionals and instructors in the photography field. Based on the progressive curriculum of the Master of Professional Studies in Digital Photography (MPS DP) program created by Katrin Eismann at the School of Visual Arts (SVA) in New York City, these books are the next best thing to being in the classroom with the Digital Photography Masters themselves.

In Learning Targets, Connie M. Moss and Susan M. Brookhart contend that improving student learning and achievement happens in the immediacy of an individual lesson—what they call "today's lesson"—or it doesn't happen at all. The key to making today's lesson meaningful? Learning targets. Written from students' point of view, a learning target describes a lesson-sized chunk of information and skills that students will come to know deeply. Each lesson's learning target connects to the next lesson's target, enabling students to master a coherent series of challenges that ultimately lead to important curricular standards. Drawing from the authors' extensive research and professional learning partnerships with classrooms, schools, and school districts, this practical book • Situates learning targets in a theory of action that students, teachers, principals, and central-office administrators can use to unify their efforts to raise student achievement and create a culture of evidence-based, results-oriented practice. • Provides strategies for designing learning targets that promote higher-order thinking and foster student goal setting, self-assessment, and self-regulation. • Explains how to design a strong performance of understanding, an activity that produces evidence of students' progress toward the learning target. • Shows how to use learning targets to guide summative assessment and grading. Learning Targets also includes reproducible planning forms, a classroom walk-through guide, a lesson-planning process guide, and guides to teacher and student self-assessment. What students are actually doing during today's lesson is both the source of and the yardstick for school improvement efforts. By applying the insights in this book to your own work, you can improve your teaching expertise and dramatically empower all students as stakeholders in their own learning.

Neuroscience tells us that the products of the mind—thought, emotions, artistic creation—are the result of the interactions of the biological brain with our senses and the physical world: in short, that thinking and learning are the products of a biological process. This realization, that learning actually alters the brain by changing the number and strength of synapses, offers a powerful foundation for rethinking teaching practice and one's philosophy of teaching. James Zull invites teachers in higher education or any other setting to accompany him in his exploration of what scientists can tell us about the brain and to discover how this knowledge can influence the practice of teaching. He describes the brain in clear non-technical language and an engaging conversational tone, highlighting its functions and parts and how they interact, and always relating them to the real world of the classroom and his own evolution as a teacher. "The Art of Changing the Brain" is grounded in the practicalities and challenges of creating effective opportunities for deep and lasting learning, and of dealing with students as unique learners.

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