



# Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions

*Sherry Cormier, William H. Cormier*

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## **Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions**

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This is a must-read book for counselors and counselors-in-training who want to refine the craft of counseling so they can be more effective in today's multiculturally diverse, managed-care environment. Students will become familiar with the full range of interviewing, assessment, and intervention skills essential to practitioners. Filled with examples, case studies, and exercises, the book is an excellent resource for those who wish to strengthen their skills as empathic, culturally sensitive helpers. Readers will find coverage of many of the changes currently taking place in the training and delivery of counseling and psychological services, including an increased awareness of and emphasis on multicultural issues and diversity, the transition to "managed" mental health care through various HMOs, and the trend toward holistic treatment and health care services.

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