CONTENTS

Pection of Feelings

surv of Feelings

00 -

Preface	o One's Style as a Helper		X
Acknov	wledgments		xvi
18	twn Experiences of Culture		174
I. OV	VERVIEW Shrinks now of the state of the stat		
1.	1. Introduction to Helping		3
	What Is Helping?		
	Is Psychotherapy Effective?		
	Facilitative Aspects of Helping		18
	Problematic Aspects of Helping		9
	When Do People Seek Help From Others?		10
	On Becoming a Helper		12
	The Process of Learning to Be a Helper		14
	Ethics		19
	Overview of This Book		22
	Concluding Comments		2
	What Do You Think?		24
	Key Terms		24
801	ral Rules for Nonverbal Communication		
2.	2. A Model of the Helping Process		27
	My Theory of Personality Development		28
	My Theory of How People Change	Minin	3(
	Background Variables That Contribute to the Helping Process	mexa	3
	The Three Stages of Exploration, Insight, and Action	Relax	30
	Moment-by-Moment Interactional Sequence	Conci	4

Rationale feet xploring Nonaffective Contest, Whomens Iguibulyun

xploring Feelings

	In Between Sessions	45
	Outcomes of Helping for Clients	46
	Concluding Comments	17
	What Do You Think?	48
	Key Terms	48
3	3. Self-Awareness	51
yellai	Self-Knowledge and Self-Insight	52
	Strategies to Increase Self-Knowledge and Self-Insight	57
	An Exercise to Promote Self-Awareness	60
	What Do You Think?	62
	Key Terms	62
	1. Cultural Awareness	67
111//		68
	Defining Culture Dimensions of Culture	
	Difficultions of Culture	00
	Cultural Issues in the Helping Process	72
	Disclosure About Minority Status	73
	Ethical Behavior Related to Culture and Helping	75
	Integrating Multicultural Knowledge, Skills, and Attitudes	
	Into One's Style as a Helper	78
	Difficulties Helpers Have Related to Cultural Issues	79
	My Own Experiences of Culture	81
	What Do You Think?	83
	Key Terms	84
II. EX	XPLORATION STAGE	87
	5. Overview of the Exploration Stage	89
	Theoretical Background: Rogers's Client-Centered Theory	90
	Goals for the Exploration Stage	98
	Preexploration Education	101
		101
	Concluding Comments	
	What Do You Think?	103
	Key Terms	104
6	5. Skills for Providing Support	107
	Overview of Attending and Listening	108
	Cultural Rules for Nonverbal Communication	108
	Nonverbal Behaviors That Facilitate Attending	110
	Paraverbal Behaviors That Facilitate Attending	116
	Minimal Verbal Behaviors That Facilitate Client Exploration	117
	Examples of Attending and Listening	123
	Relax and Be Natural but Professional	124
	Concluding Comments	125
	What Do You Think?	125
	Key Terms	126

7.	Skills for Exploring Nonaffective Content, Thoughts,
	Narratives, and Stories
	Rationale for Exploring Nonaffective Content, Thoughts, Narratives,
	and Stories
	Restatements and Summaries
	Open Questions and Probes for Thoughts
	Closed Questions for Information or Facts
	Distinguishing Between Open and Closed Questions
	A Comparison of Skills for Exploring Nonaffective Content, Thoughts,
	Narratives, and Stories
	What Do You Think?
	Key Terms
8.	Skills for Exploring Feelings
J .	Rationale for Exploring Feelings
	Caltarnal Considerations in Morling Mith Easlings
	- CI - C- 1:
	A C
	T7 M
	Key Terms
9.	Integrating the Skills of the Exploration Stage
	Case Conceptualization in the Exploration Stage
	Choosing Goals and Intentions to Facilitate Exploration
	Choosing Skills to Match the Goals and Intentions
	Implementing the Skills of the Exploration Stage
	Conducting a Practice Session Focusing on the Exploration Stage
	Dealing With Difficult Clinical Situations in the Exploration Stage
	Difficulties Implementing the Exploration Stage
	Coping Strategies for Managing Difficulties in the Exploration Stage
	Example of the Exploration Stage
	Is It Time to Move to the Insight Stage?
	What Do You Think?
	Key Terms
NS	SIGHT STAGE
10.	Overview of the Insight Stage
	What Is Insight?
	Why Is Insight Necessary?
	Intellectual Versus Emotional Insight
	Markers of Readiness for Insight
	Theoretical Background: Psychoanalytic and Existential Theories
	Setting Expectations in the Insight Stage

	Goals and Skills of the Insight Stage	221
	Concluding Comments	222
	What Do You Think?	224
	Key Terms	224
11.	Skills for Fostering Awareness	227
	Rationale for Using Challenges	228
	Theoretical Perspectives on Fostering Awareness via Challenges	230
	Markers of Readiness for Awareness	233
	Types of Challenges	233
	General Guidelines for How to Challenge	242
	Difficulties Helpers Experience Using Challenges	245
	Concluding Comments	247
	What Do You Think?	247
	Key Terms	247
12.	Interpretive Skills	251
155	Rationale for Using Interpretive Skills	251
	Open Questions and Probes for Insight	252
	How to Do Open Questions and Probes for Insight	253
	Interpretations	254
	Disclosures of Insight	270
	What Do You Think?	275
	Key Terms	276
12	Skills for Processing the Therapoutic Polationship	279
15.	Skills for Processing the Therapeutic Relationship Rationale for Using Immediacy	281
	Markers of Readiness for Processing the Relationship	284
	Client Markers Indicating Appropriateness of Processing	204
	the Relationship	284
	Helper Markers for Processing the Relationship	284
	Types of Immediacy	286
	Guidelines for Using Immediacy	287
	Example of Immediacy	290
	Difficulties Helpers Have in Using Immediacy	291
	What Do You Think?	292
	Key Terms	292
202		295
14.	Integrating the Skills of the Insight Stage Case Conceptualization in the Insight Stage	295
	Implementing the Skills of the Insight Stage	301
	implementing the skins of the misight stage	
	Carreate About Heing Incight Skille	303
	Caveats About Using Insight Skills Difficulties Helpers Might Experience in the Insight Stage	303
	Difficulties Helpers Might Experience in the Insight Stage	303
	Difficulties Helpers Might Experience in the Insight Stage Strategies for Overcoming Difficulties in Implementing	304
	Difficulties Helpers Might Experience in the Insight Stage Strategies for Overcoming Difficulties in Implementing the Insight Stage	309
	Difficulties Helpers Might Experience in the Insight Stage Strategies for Overcoming Difficulties in Implementing the Insight Stage Example of an Extended Interaction in the Insight Stage	309 310
	Difficulties Helpers Might Experience in the Insight Stage Strategies for Overcoming Difficulties in Implementing the Insight Stage	309

IV. ACTION STAGE		317
15.	Overview of the Action Stage	319
	Rationale for the Action Stage	320
	Deterrents to Action	321
	Philosophical Underpinnings	322
	Markers for Knowing When to Move to Action	323
	Theoretical Background: Behavioral and Cognitive Theories	324
	Goals of the Action Stage	329
	Skills of the Action Stage	330
	Concluding Comments	348
	What Do You Think?	348
	Key Terms	349
16.	Steps for Working With Four Action Tasks	353
	Rationale for Action Tasks	354
	Relaxation	354
	Behavior Change	358
	Behavioral Rehearsal	374
	Decision Making	382
-	What Do You Think?	387
	Key Terms	388
17.	Integrating the Skills of the Action Stage	391
	Case Conceptualization in the Action Stage	392
	Implementing the Action Skills	393
	Difficulties Helpers Might Experience in the Action Stage	395
	Strategies for Overcoming the Difficulties	400
	What Do You Think?	400
	Key Terms	
V. IN	TEGRATION	402
18.	Putting It All Together: Working With Clients	
	in the Three-Stage Model	405
	Intakes	406
	Helper's Work Between Sessions	407
	Subsequent Sessions	408
	Termination	411
	Dealing With Difficult Clients and Clinical Situations	414
	Example of the Three-Stage Model	419
	Concluding Comments	425
	What Do You Think?	426
	Key Terms	427
Glossary	Y	431
Referen	ces	443
Index		469
About t	he Author	483
Feedbac	ck Form	485