



# The Elements of Counseling (HSE 125 Counseling)

*Scott T. Meier, Susan R. Davis*

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Widely known and appreciated for its simplicity, clarity, and brevity, THE ELEMENTS OF COUNSELING provides a simple conceptual framework for thinking about counseling. Covering the basic elements of counseling in an abbreviated outline format, Meier and Davis use counselor/client dialog to introduce students to counseling skills and effectively demonstrate each necessary skill in a 'real world' setting. THE ELEMENTS OF COUNSELING presents information that is essential both for beginning counselors to know, and for experienced counselors to remember. Meier and Davis address key topics including relationship building, the counseling process, self-exploration, and the foundations upon which further intervention is laid. Furthermore, the authors go back to basics by addressing what counseling is, as well as what it is not. The result is a handy primer that gives students the framework upon which to build their counseling knowledge.

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