



Exercises in the Art of Helping (3rd Edition)

Mark E. Young, Samantha Chromy

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This student workbook and accompanying CD-ROM of video segments was originally created to provide out-of-class skill practice in basic and advanced helping skills. The workbook includes written exercises, self-assessment, practice test questions, journal exercises, and more. The video exercises tie to the eleven video segments found on the accompanying CD-ROM, bound in the back of the workbook. Averaging five minutes in length, these segments consist of non-scripted conversations with real clients and helpers and aid students in building basic skills such as invitational skills, reflecting skills, advanced reflecting skills, and confrontation. Exercises in the Art of Helping, 3/e, can be purchased separately, or at a discount when packaged with Learning the Art of Helping: Building Blocks and Techniques, 3/e, the main textbook.

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