



# Helping Skills: Facilitating Exploration, Insight, and Action

By Clara E. Hill

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## Helping Skills: Facilitating Exploration, Insight, and Action By Clara E. Hill

This fourth edition of Clara Hill's popular textbook updates her comprehensive exploration of basic helping skills for undergraduate and first-year graduate students. Hill's three-stage model of helping clients involves exploration, insight, and action. The exploration stage helps clients explore their thoughts and feelings. The insight stage helps clients understand the reasons for their thoughts and feelings. The action stage helps clients make desired changes in their lives.

Authoritative but highly accessible, the book describes the goals and theoretical foundations of the three stages, how helpers can learn and practice the skills used in each stage, general principles for ethical practice, and important cultural issues. Hill also challenges students to think about and discuss the process of becoming helpers and their reasons for doing so.

New material in this edition includes Chapters on self-awareness and cultural awareness, a glossary, and additional methods for challenging clients. A research summary at the end of every chapter highlighting a relevant empirical study.

The companion website has been updated to offer students and instructors helpful resources. Two companion DVDs illustrate the three-stage model: *Helping Skills in Practice* and *Dream Work in Practice*.

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## **Editorial Review**

### **About the Author**

**Clara E. Hill** earned her Ph.D. at Southern Illinois University in 1974. She started her career in 1974 as an Assistant Professor in the Department of Psychology, University of Maryland, and is currently still there as a Professor. She has been President of the Society for Psychotherapy Research, Editor of the Journal of Counseling Psychology, and Co-Editor of Psychotherapy Research. Awards include the Leona Tyler Award (Society of Counseling Psychology), the Distinguished Psychologist Award (Division 29 of the American Psychological Association), the Distinguished Research Career Award (Society for Psychotherapy Research), and the Outstanding Lifetime Achievement Award (Section on Counseling and Psychotherapy Process and Outcome Research, Society for Counseling Psychology). Her major research interests are helping skills, psychotherapy process and outcome, training therapists, dream work, and qualitative research. She has published 187 journal articles, 67 chapters in books, and 11 books (including *Helping Skills*, *Dream Work in Therapy*, *Insight in Psychotherapy*, *Transformation in Psychotherapy*, and *Consensual Qualitative Research*). She is married, with two children and one grandchild.

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