



# Practical Counselor: Elements of Effective Helping

*Philip Lauver, David R. Harvey*

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With their conversational style and hands-on, "how to" approach, Lauver and Harvey focus on skills that cut across theories and speak directly to student and practicing counselors, social workers, psychologists, nurses, and other helping professionals about strategies for working with their clients. The book uses transcripts from real-life counseling sessions with a client, "Erikka," to illustrate counseling strategies and the authors' six-step counseling model.

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