

# Learning the Art of Helping: Building Blocks and Techniques

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Students and beginning counselors get step-by-step guidance for developing the skills and techniques they need to effectively help their clients.

This sixth edition of the best-selling *Learning the Art of Helping: Building Blocks and Techniques* emphasizes the techniques and skills necessary to be effective in the art of helping, from basic building blocks to advanced therapeutic techniques. The text is practical, innovative, and focused on the relationship between helper and client. The author incorporates the latest research on effective treatments, while offering an integrative perspective.

The author's conversational tone is appealing to students, yet the book is carefully referenced for instructors. The goal is to make beginning helpers become "reflective practitioners." "Stop and Reflect" sections, exercises, homework, class discussion topics, and Journal Starters support this approach. The sixth edition includes new sections highlighting issues of culture in research, challenges related to gender differences, and helping skills specific to children.

Mark E. Young is Professor at the University of Central Florida. He received his bachelor's degree from Miami University, his master's from Wright State University, and his doctorate from Ohio University. He has trained helpers for more than 25 years and worked as a therapist in community mental health, private practice, college counseling centers, and corrections for more than 15 years. Since 2003 he has been affiliated with the Marriage and Family Research Institute teaching relationship skills to low-income couples. His professional writing has focused mainly on therapeutic methods and techniques, wellness, and couples. If you have comments or suggestions on what you have read, please send an e-mail to [meyoung3000@gmail.com](mailto:meyoung3000@gmail.com).

#### Other Books

*Pathways to Transformation*. *Pathways to Transformation: Learning in Relationship* is an edited collection that synthesizes current research on transformative learning and expands the current knowledge-base. This book is timely and significant as it provides a synthesis of some of the most exciting research in two fields: adult education and human services. The objectives of this themed edited collection, *Pathways to Transformation: Learning in Relationship*, are threefold. First, this collection serves as a space to synthesize current research on transformative learning. Through an extensive literature review, the editors have discerned several important strands of research in the area of transformative learning and solicited chapters dealing with these topics. The second objective of the collection is to expand the current knowledge-base in the area of transformative learning by creating a space for dialog on the subject and bringing together diverse voices. The third objective of the collection is to transcend the field of adult education, with a specific goal to reach an audience in human services (psychology, counseling, social work, marriage and family therapy).

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helping : Building blocks and techniques (4th ed.)."