



Elements of the Helping Process: A Guide for Clinicians

Raymond Fox

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Elements of the Helping Process: A Guide for Clinicians takes a humanistic approach to guiding clinicians, emphasizing that professional practice involves a deliberate, conscious, and disciplined use of self with clients participating in a forum that is steady, safe, and consistent. As with the previous editions, it is directed personally to clinicians and students and contains illustrative case material and instructive excerpts from actual practice experience. Fox advances five overarching themes:

- the advent and influence of neuroscience, genetics, and epigenetics and their implications for differential interventions
- the pivotal place of self-awareness, introspection, and reflection in providing treatment
- the intersection of science and art, evidence-based practice, and experiential wisdom in advancing effective therapy
- the infusion and provision of hope, especially in calamitous situations
- personality type

Selected chapters from the second edition have been updated and expanded, and new chapters on such topics as neuroscience and genetics, the contribution of personality types, and advances in trauma research and treatment have been added. Any mental health clinician looking for guidance on establishing an environment of sharing, openness, challenge, and change with his or her clients will find this book to be an invaluable resource.

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