



# Responsive Therapy: A Systematic Approach To Counseling Skills (Skills, Techniques, & Process)

*Sterling K. Gerber*

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## **Responsive Therapy: A Systematic Approach To Counseling Skills (Skills, Techniques, & Process)**

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*Responsive Therapy* shows students how to develop the skills required to apply counseling theories learned in other courses. It covers a combination of psychological and communication theories and viewpoints--focusing on the learning principles that underlie client change--and then guides students to select from the range of theoretical models.

*Responsive Therapy* employs a general process approach that applies to all clients and promotes relationship building, client circumstance and style identification, and counselor-client collaboration in determining a focused and active intervention. Micro-skills training is discussed through descriptions, examples, and exercise that help students learn skills necessary to establish an effective therapeutic alliance.



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