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Meeting Yourself Halfway: Thirty-One Values Clarification Strategies for Daily Living

Simon, Sidney B.

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Meeting Yourself Halfway 31 Value Clarification Strategies For Daily Living

Andrzej Huczynski



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Values Clarification in Counseling and Psychotherapy Howard Kirschenbaum, 2013-04-11 This work meets a long standing need in the helping professions by being the first and only comprehensive book on how counselors and psychotherapists can work with clients around values goal setting decision making and action planning Helping clients determine their priorities set goals make decisions and take action to improve their lives are common tasks for virtually all helping professionals when engaging with clients This is the process known as values clarification or Values Clarification While counselors and psychotherapists widely practice values clarification some knowingly others unaware they typically do so with a limited understanding of its theory methods and various applications This book demonstrates with great precision case studies and hundreds of clinical examples how counselors and psychotherapists in many fields can ask good clarifying questions conduct clarifying interviews and employ dozens of values clarification strategies with individuals couples families and groups To illustrate how values clarification can be used to explore a myriad of counseling topics the examples throughout the text are often grouped around more specific applications for marriage and family counseling career counseling substance abuse and recovery counseling geriatric counseling grief counseling pastoral counseling financial counseling school counseling rehabilitation counseling counselor clinical education and supervision health counseling and personal growth There are clear descriptions of what values clarification is and is not theory and research multicultural and diversity issues and how counselors and therapists can handle value and moral conflicts with clients Values clarification is compared and contrasted to other approaches to counseling and psychotherapy including person centered cognitive behavioral reality therapy choice theory existential individual psychology solution focused narrative motivational interviewing acceptance and commitment therapy appreciative inquiry life coaching and positive psychology

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guaranteed to evict your anxious thoughts The Wellness Book Herbert Benson, Eileen M. Stuart, 1993-10 A comprehensive guide to maintaining health and treating stress related illness Boston based Benson and Stuart offer proven techniques developed by the Mind Body Institute for exercise diet and stress management to help readers cope with many common conditions Includes how to illustrations and case histories **Teaching for Faith** Richard Robert Osmer, 1992-01-01 This useful theologically informed guide prepares the soil for teachers in the church whose purpose is to awaken support and challenge faith Richard Osmer offers practical suggestions for preparing good lectures and leading lively discussions He explores four important dimensions of faith faith as belief as commitment as relationship and as mystery and describes different teaching approaches that can address each of these dimensions Osmer demonstrates that teaching is a crucial task in the church today **The War Against Population** Jacqueline Rorabeck Kasun, 1999 Challenges the assumption that unchecked human population growth will lead to social and economic disaster **Legislative History of Public Law 96-88, Department of Education Organization Act**, 1980 **Congressional Record** United States. Congress, 1979

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