



# **Bundle: Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions, 6th + Helping Professions Learning Center 1-Semester Printed Access Card**

*Sherry Cormier, Paula S. Nurius, Cynthia J. Osborn*

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This respected text skillfully combines evidence-based interviewing skills and cognitive-behavioral intervention change strategies applicable to a wide range of client ages, cultural backgrounds, and problems in living. The book interweaves attention to conceptual and empirical foundations with an emphasis on practical skills and real-life factors in contemporary settings with diverse clientele. Long commended for its synthesis of up-to-date professional knowledge with case models, learning activities, and guided feedback, INTERVIEWING AND CHANGE STRATEGIES FOR HELPERS: FUNDAMENTAL SKILLS AND COGNITIVE BEHAVIORAL INTERVENTIONS, Sixth Edition, features a new streamlined and reader-friendly design, as well as essential new information on vital topics such as ethics, critical thinking, client resistance, exposure therapy, the helping relationship, and recent developments in cognitive behavior therapy. These valuable additions complement a proven instructional format focusing on essential knowledge, skills, values, and tools needed by today's professional helpers.

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