



# The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping

*Gerard Egan*

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Internationally recognized for its successful problem-management and opportunity development approach to effective helping, this is the "millennium edition" of Egan's classic book for helpers. Egan emphasizes the collaborative nature of the therapist-client relationship and uses a practical, three-stage model that drives client problem-managing and opportunity-developing action. Egan masterfully leads readers step-by-step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers begin to understand the various steps of the helping model, they are able to improve their competence and confidence measurably. In this new seventh edition, Egan has built upon the strengths of the last edition while focusing on a new "positive psychology", solution-focused theme.



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