



# Advanced Techniques for Counseling and Psychotherapy

*Dr. Christian Conte PhD*

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# Advanced Techniques for Counseling and Psychotherapy

Dr. Christian Conte PhD

**Advanced Techniques for Counseling and Psychotherapy** Dr. Christian Conte PhD

*This is a superb book, rich in understanding of human behavior and creative in helping clients grow and change....If you aspire to be great in this profession, you will use up a highlighter on this book.*

**-Kevin Elko, PhD**

Author of *The Pep Talk* and *True Greatness*

*It is rare for a book in counseling to enlighten its readers and enable them to see the profession, themselves, and their clients in an original, enhanced, and productive way. Conte is a master storyteller, a clear communicator, an innovative thinker, and a creative therapist."*

**Samuel T. Gladding, PhD**

Chair and Professor, Department of Counseling  
Wake Forest University

This book presents advanced techniques, concepts, and models that have proven to be both practical and readily usable for counselors who work with individuals, couples, families, and children. Dr. Conte provides in-depth coverage of a wide array of therapies, including metaphor, creative, projective, and classic.

This collection of advanced, creative techniques, each accompanied with detailed case studies, will prove useful for both health professionals and counseling students.

## **Key Features:**

- Provides guidelines for some of the basics, such as active listening, empathizing, self-disclosure, and dealing with resistance
- Guidelines for using classic techniques include Adler's Push-Button technique, the ABC Model, and eye integration therapy
- Includes introductions to the author's original models such as the "Five Errors of Communication" and the "Four C's of Parenting"

Using lucid, engaging prose, this book contains all the essential, creative, and advanced techniques that every counselor, psychotherapist, and educator should know."

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