



## How Can I Help?: What You Can and Cant Do to Counsel a Friend, Colleague or Family Member with a Problem

By Joe Gurkoff MA

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 176 pages. Dimensions: 8.4in. x 5.5in. x 0.1in. How Can I Help is a valuable resource for parents, teachers, nurses, managers, friends and relatives anyone who wishes to help another person facing a problem, from relationship issues or work challenges to reaching a personal goal or managing a health concern. In this easy-to-use primer, authors and therapists Anna Ranieri and Joe Gurkoff offer a straightforward guide to give you the knowledge, skills and confidence to be truly effective when you decide to counsel someone who is facing one of lifes inevitable challenges. Each chapter provides an overview of a specific step in the helping process, insight into why that step works, a description of how to accomplish it and a way to evaluate what to do next. The authors use typical problems to illustrate why giving advice rarely works, how to encourage progress, when confrontation is appropriate and how to transition away from the helping role once the problem has been resolved. Youll also learn how to recognize when professional help may be needed, and what to do if at any point you decide that youve accomplished all you...



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