



Egan's Skilled Helper Model: Developments and Implications in Counselling

Val Wosket

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The skilled helper model of counselling is hugely influential in the helping professions. *Egan's Skilled Helper Model* brings a number of new and challenging perspectives to bear on Egan's work and makes a major contribution to the development of this problem-management and opportunity-development approach to helping.

Val Wosket draws on over twenty years experience of counselling, training and supervising to provide a clear exposition of the model and situate it in contemporary counselling practice. Numerous case studies are provided throughout, along with contributions from experienced practitioners, illustrating how the model can be applied in a variety of clinical settings and with a range of counselling issues. *Egan's Skilled Helper Model* builds on and extends the aims of Egan's original work, covering key topics, including:

- Developing a client-responsive approach that places the therapeutic relationship at the heart of the model
- Applying the skilled helper model in research, training and supervision
- Translating the model into more accessible and adaptable language

This book provides an invaluable resource for trainees, trainers, supervisors and experienced practitioners wishing to update their knowledge of the model. It will also be of great interest to anyone in the helping professions looking for a pragmatic integrative framework that is adaptable to a diverse range of client issues and contexts.

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