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# Basic Counseling Techniques: A Beginning Therapist's Tool Kit



## Synopsis

Wayne Perry has been a therapist for more than thirty years, but he still hears the same thing from beginning counselors and therapists: Yes, I know what the theory says, but what do I do with this particular client? Drawing on his decades of experience training marriage and family therapists, professional counselors, and pastoral counselors, he answers that question in the updated edition of his landmark book: *Basic Counseling Techniques*. He provides practical suggestions for setting up the therapy room, using audiovisual recording equipment, and conducting those first critical interviews. You'll learn how to: apply nine different sets of clinical tools; select the appropriate tool for the appropriate clinical situation; and improve how you carry out the clinical thinking process. Each chapter concludes with a "Living into the Lesson" section that allows you to participate in experiential exercises to master what you've learned. While designed for counselors and therapists in the beginning of their careers, even veterans in the field will find value in this updated edition.

## Book Information

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## Customer Reviews

I bought this book to go along with the *Professional Counselor: A Process Guide to Helping*. This book was an excellent choice. Perry's book is well written and funny! The chapters were easy to read and the book never claims to be the end all of counseling books. Perry provides excellent examples of the techniques and the skills that he discuss in this book. The living into the lesson are practical and help you understand the skills that Perry is trying to teach. I appreciated that Perry discussed the counseling techniques that he was competent in and that he encouraged the reader

to get supervision in a therapy that the reader would like to practice.

This book helps those who are entering the counseling profession during their internships. It has been my most valuable counseling tool yet.

This is a book that every university psychologist's professor should be. It's like a cookbook where the author's recommendations presented step by step.

Wayne Perry has written a book about counseling tools which he could not find elsewhere in the academic literature and has some good insights and practical suggestions. As a lecturer seeking material for students I liked for example the metasystems model of understanding the client in context, with a front and back stage, with issues needing to be addressed in counselling usually hidden, such as sexual abuse and self-mutilation. The skills given to the beginner counsellor range from process skills, such as effective questioning to administrative skills, such as process notes, to clinical thinking skills, such as who is the client. A good combination of the theoretical with the practical.

If you are considering the therapy options for graduate school, read this book first. It is an easy, fast read. Dr. Perry is an amazing instructor at Amridge University. He has more than 20 years in the field--and makes this fun!

It doesn't matter how long you're stuck in grad school, after graduation you magically forget everything. Before I got my first "real job" I read through this book for a fresh foundation (panic stricken and all). It's easy to breeze through, chapters are broken down well and I found it rather interesting as well. A great crash course!

Bought this for an elective course in my MSW program. I enjoyed the class and we really used the book from front to back. This book has a lot of useful information if you are looking to understand some basic techniques and some of the information will be good if you are planning to have a practicum that allows you to provide direct services to clients. I plan on keeping this text and not selling it back because of all the information that you can gain from this book. I'm glad that I took the course because of this book!.

I am a beginning therapist just finishing grad school. This book is teaching me so much more beyond what I learned in school. I feel it is really helping me understand the role of the therapist.

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