



Collaborative, Competency-Based Counseling and Therapy

Bob A. Bertolino, Bill O'Hanlon M.S.

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This is the first book to fully explore a collaborative, competency-based orientation to counseling and psychotherapy. Based on 40 years of outcome research examining what works in therapy, mental health professionals are introduced to numerous ways of collaborating with clients from assessment through intervention and termination. Throughout the book, ideas are offered to illustrate how mental health professionals can promote the therapeutic relationship and facilitate positive change through respectful and effective practices. This book introduces readers to the importance of language in both the construction of problems and solutions. Readers are offered multiple ways of using language as a vehicle for promoting change. While new ideas are offered, the book also honors traditional theoretical underpinnings while challenging readers to work collaboratively with clients to find out what works for them. For counseling students, practicing counselors, social workers, etc. This book offers the new clinician and the seasoned one a perspective that honors the contributions of clients and clinicians alike while working toward the achievement of realistic and attainable outcomes.

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