



# The Professional Counselor: A Process Guide to Helping (7th Edition)

By Harold L. Hackney, Sherry Cormier

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Students and beginning counselors can turn to this helpful guide to get the concepts, techniques, interventions, strategies, and skills they achieve effective results with their clients. Every step of the counseling process is covered, from initial client contact to relationship building, assessment, goal setting strategy selection, treatment planning, and finally evaluation and termination.

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**This title is also available with MyCounselingLab**—an online homework, tutorial, and assessment program designed to work with the text to engage students and improve results. Within its structured environment, students see key concepts demonstrated through video clips, practice what they learn, test their understanding, and receive feedback to guide their learning and ensure they master key learning outcomes.

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### Editorial Review

#### Review

##### ***From reviews of the text:***

“*The Professional Counselor* is a very clearly written text that the first-semester Master of Counseling students can easily grasp the content. I also received similar feedback from the students . . . . [C]hapters are structured in a manner that provides concreteness and continuity within the content. Therefore, it is easy to follow and understand for entry-level students. The written language of the book is very clear. The content is supported by good examples that help with the comprehension . . . . [T]he interventions (affective, cognitive, behavioral, and systemic) chapters are very well described.”

—Gulsah Kemer, University of Arizona State University

“[Key strengths are:] The authors include the multicultural perspectives in many chapters. The structure and organization for each chapter are well planned. [And] the writing style is easy to understand for the readers.”

—Yu-Fen Lin, University of North Texas Dallas

“*The Professional Counselor* . . . provides the beginning counselor the opportunity for a comprehensive overview of the process of counseling while further delivering specific interventions and approaches (i.e. fundamental counseling skills) . . . . While this is a text book with a focus on the counseling profession it doubly serves as a reference resource to providing an effective counseling program . . . . The key strengths of this text are the concise explanations of counseling concepts with practical clinical applications . . . . [M]any of my students comment on how helpful the text is in understanding the concepts of counseling . . . . This text is superior to others that I have used in that it explains practical applications of interventions and how to deliver those to the client.”

—Oscar Sida, University of Nevada Las Vegas

#### From the Back Cover

How to think about the profession and process of counseling is what this book is all about. The intimacy of counseling relationships; what facilitates positive relationships; how to become an effective, successful counselor; and how to measure your outcomes are what students and beginning counselors gain from spending time with this book. By guiding readers through the entire counseling process—from initial client contact to relationship building, assessment, goal setting strategy selection, treatment planning, and finally evaluation and termination—the authors give readers the concepts, skills, interventions, strategies, and techniques they need to achieve effective results with their clients.

- Each of the intervention chapters presents **a case with different treatments scenarios**.
- **A roadmap for assessment** helps readers plan for interventions is presented in the form of a five-step model (used in the NCE examination).
- **Guidelines are included for assessing cases** using five theoretical contexts—affective, cognitive, behavioral, and theoretical.
- **Alternate ways of working with clients** are identified through spiritual issues.
- **A separate chapter on client assessment and treatment planning** incorporates specific counseling

interventions.

**New to this edition are:**

- **A quick index to CACREP-related material** useful for preparing can for the state licensure/certification examination study,
- **New case examples** illustrating how skills and competencies can be applied to actual counseling cases.
- **Up to the minute, expanded research and references.**
- **Web-based video illustrations or counseling skills and procedures** at the end of each chapter.
- **Specific guidance on ethical behavior and consequences** of not following ethical codes.
- **Clear examinations and comparisons of ethical codes** of various sub-specialties with the counseling field.
- **Ideas for visualizing the same case with different treatments.**

**About the Author**

**Harold Hackney**, Professor Emeritus of counseling at Syracuse University, is a national certified counselor, licensed professional counselor, and approved clinical supervisor and is a *Fellow* of the American Counseling Association. Harold is past-president of the Association for Counselor Education and Supervision, a former member of the ACA Governing Council, and served on the Board of the Center for Credentialing in Education. His areas of expertise include counselor training, training of future counseling professors, research methodology, counseling processes, and counseling theory. Hackney's writings draw from his experiences as a school counselor and a marriage and family counselor, as well as from his research on counseling processes and spirituality in counseling. Prior to his appointment at Syracuse University, Hackney was a professor at Purdue University and Fairfield University.

**Sherry Cormier**, Professor Emerita of counseling, rehabilitation counseling, and counseling psychology at West Virginia University, is a licensed psychologist in the state of West Virginia and a long-standing member of the American Counseling Association. Her areas of expertise include counselor training, counseling interventions, cognitive-behavioral therapy, clinical supervision, and health and wellness. Currently she is affiliated with Transformational Practices, an endeavor in which she provides clinical and consultation services and training to a variety of individuals and organizations. Prior to her appointment at West Virginia University, she was a faculty member at the University of Tennessee.

**Users Review**

**From reader reviews:**

**Desiree Thorne:**

The reason why? Because this The Professional Counselor: A Process Guide to Helping (7th Edition) is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such awesome way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of gains than the other book have got such as help improving your ability and your critical thinking method. So , still want to hold up having that book? If I had been you I will go to the guide store hurriedly.

**James Rogers:**

The Professional Counselor: A Process Guide to Helping (7th Edition) can be one of your basic books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to place every word into pleasure arrangement in writing The Professional Counselor: A Process Guide to Helping (7th Edition) but doesn't forget the main level, giving the reader the hottest along with based confirm resource facts that maybe you can be considered one of it. This great information could draw you into brand-new stage of crucial imagining.

**Robert Bartlett:**

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**Mark Nixon:**

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