

Improving Therapeutic Communication: A Guide for Developing Effective Techniques

D. Corydon Hammond, Dean H. Hepworth, Veon G. Smith

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Throughout the book, the authors focus on the basic skills that facilitate communications in therapy (empathy, respect, authenticity, relating in the here-and-now, and confrontation) and explore specific methods of using them. These skills--which research shows are crucial to effective therapy--enable therapists and counselors to

- * Empathize in a caring way with the feelings of clients
- * Become receptive to clients in a warm, respectful, and nonjudgmental way
- * Constructively share feelings with clients in a natural, open manner
- * Therapeutically utilize moment-to-moment, here-and-now interaction
- * Make clients aware of their inconsistencies and discrepancies without arousing antagonism or defensiveness



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