



# The Essential Counselor: Process, Skills, and Techniques

By David R. Hutchinson

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The **Second Edition** of **The Essential Counselor** is a practical and inspirational text. With a warm and passionate writing style, David Hutchinson demonstrates the process of becoming a counselor and developing key skills from start to finish. The author gains credibility through his real world examples and reflection activities, helping students feel less intimidated. The book covers all the key counseling skills learned in a skills/methods course, including skills for engaging a client, tools for engagement, lab practice activities, listening skills, developing empathy, and more advanced skills such as assessment, goal setting and action planning. Additionally, many of the skills described in *The Essential Counselor* are exemplified with an accompanying DVD that demonstrates skills used with six different client groups.

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### **Editorial Review**

#### Review

Well written, easy to read and the exercises are great. (David Marquith 2011-10-19)

#### About the Author

**David R. Hutchinson** prepares both undergraduate and graduate students for careers in psychology and counseling. His areas of special focus are group work, addictions, and grieving. A former Peace Corps volunteer, David's priorities include travel and maintaining an international perspective in his life and work. He has trained counselors in Grenada and established sister school relationships between five schools in Vermont and Grenada. In Vermont, David continues his emphasis on intensive, process-oriented coursework with long weekend retreats at an off-campus lodge near Caspian Lake in the woods of the Northeast Kingdom.

In 2006, David was honored with the Distinguished Faculty of the Year Award. He holds positions on the boards of the New England School of Addiction Studies and Northwest Counseling and Support Services in Franklin County, Vermont. He received his doctoral degree from State University of New York, Buffalo.

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