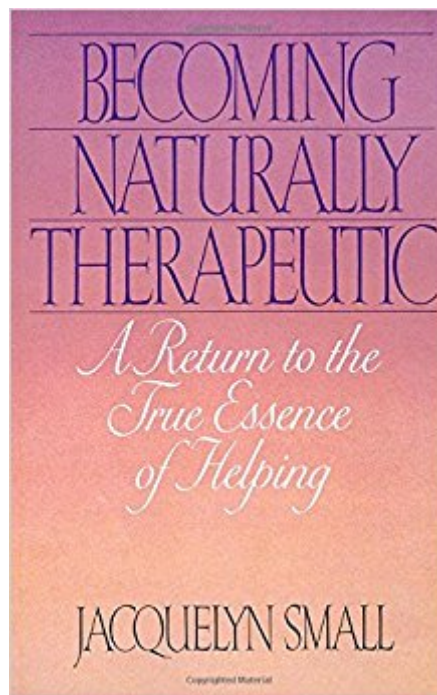




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# Becoming Naturally Therapeutic: A Return To The True Essence Of Helping



## Synopsis

Already a classic in the alcohol treatment and counseling communities, here is a life-changing guide for anyone in a therapeutic relationship—whether a professional counselor, a teacher, a parent, or a friend. Based on studies that pinpoint the characteristics of the most effective therapists, *Becoming Naturally Therapeutic* shows you how to help those you care about by opening your heart and releasing the healer within. A nationally known pioneer in the area of addiction and transpersonal psychology, Jacquelyn Small shows you how to emphasize without enabling, how to care without controlling, and how by helping others in a genuine spirit of giving you invariably help yourself. She teaches how the true art of therapy lives within us all. You'll learn: The ten characteristics—from empathy and warmth to immediacy and concreteness—that all counselors need to discover within themselves. How to overcome patterns of toxic relating—the pitfalls of the preacher, judge, teacher, or savior that are barriers to true intimacy. The principle of helpful confrontation: when to use it and how. How to "straight-talk" beyond codependent ways of helping and point those in need to their own inner strength. Complete with practical exercises and sample dialogues, this clear and compassionate guide will help you let go and become the natural healer you are meant to be.

## Book Information

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## Customer Reviews

This book, which began as an aid for counselors of alcoholics, is a succinct guide to effective counseling in both therapeutic situations and interpersonal relationships. From her research into what makes a therapist effective, Small has distilled ten traits that she calls "love in action"—traits

that all persons can develop with practice. Her description of each trait includes examples of client-counselor dialog, information about underlying psychological processes, and a practice exercise. She also includes material aimed specifically at those dealing with the alcohol-addicted. While this book is probably better suited to readers familiar with basic counseling practice, it may also be useful to lay readers who want to improve their helping skills. Recommended for libraries supporting workers and trainees in the helping professions.- Lucy Patrick, Florida State Univ. Lib., Tallahassee  
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"A 'must read' book for all of us who have ever been in a position to respond to another in pain. It inspires each and every one of us to find a path to inner peace, and self love."â "Claudia Black, Ph.D., author of *It Will Never Happen To Me*."Jacquelyn Small beautifully demonstrates the simplicity of true wisdom . . . the wisdom of the heart."â "Ram Dass, author of *Journey Of Awakening*

Very good book

perfect

This is the first book on the subject I read upon entering the addiction counseling field thirty years ago. The concepts it puts forth are still extremely pertinent, timely, and valuable. This book is a must read and study for all who work therapeutically with others. I'm pretty sure that some of the people I've worked with in the past have used this book because this is about my fifth copy, the others went mysteriously missing.

I love this book! It has given me so much insight as to being naturally therapeutic. It made it clear as to what the characteristics of being naturally therapeutic are...I love it and am re-reading it! No question you should buy this book! Thanks Jacquelyn Small for your great insight...can't wait to read other books of yours!

My teacher assigned this for reading, I am extremely grateful he did. This book provides excellent counseling insight and has great wisdom in such a small package. Initially I was expecting to not enjoy it, and it is now a great book to have and keep. Some of the language is a little dated, but the lessons are invaluable. It is worth the time it takes to read it.

This is a classic, and for good reason. If you believe that you have the ability to listen to others and help them find their purpose and truth, this book will help you validate your belief. It is written clearly and concisely and with empathy and understanding. Any quibbles I have are minor and would be petty of me to share.

Brief overview of skills for the therapist. Great book I reread about 2-3 years to refresh on things I am forgetting.

This book is amazing! Jacquelyn Small makes therapy easy for everyone. This book includes suggestions for everyone from the friend to the professional counselor. After reading so many therapy books that try to 'can' everything into a particular method, Jacquelyn Small makes it easy to use the tools you already have to be here and now with those in your life.

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