



# **The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping**

*Gerard Egan*

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## **The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping**

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Now in its tenth edition, Egan's THE SKILLED HELPER has taught thousands of students a proven, step-by-step counseling process that teaches them how to become more confident and competent helpers.

Internationally recognized for its successful problem-management and opportunity development approach to effective helping, the text emphasizes the collaborative nature of the therapist-client relationship and uses a practical, three-stage model that drives client problem-managing and opportunity-developing action. As they read, students also gain a feeling for the complexity inherent in any helping relationship. In this tenth edition, Egan now makes use of his version of the "common factors" approach, which gives new meaning and vitality to the book's themes, as well as to the use of the problem-management model to organize and give coherence to those themes.

## **The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping Details**

Date : Published January 1st 2013 by Cengage Learning (first published 1975)

ISBN : 9781285065717

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Format : Hardcover 480 pages

Genre : Nonfiction, Psychology, Counselling, Textbooks

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# **From Reader Review The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping for online ebook**

## **Kevin says**

excellent practical textbook for helping people in life towards change and growth. going to be useful in ministry and overall relationships, helping me formulate better goals and strategies for myself, improving communication skills. tons of well integrated research, broad scope, and that really seemed to sharpen by the 9th ed. also found a lot of wisdom here -- and respect for the ambiguity and need for flexibility in counseling, with a lot of advice toward practice, the 'bias toward action.'

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## **Felicity says**

This book has a lot of good points but I find it very poorly presented. The case studies are contrived and feel condescending. After reading it, I feel like it could have been half the size.

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## **Teri Temme says**

Fantastic book. Applicable Positive Psychology always makes me smile.

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## **Tony says**

A very dry book, with lot of pop psychology

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## **Niki Vervaeke says**

Een klepper van een boek rond oplossingsgericht coachen en counsellen. Het model van Egan heel duidelijk uitgelegd met grondige informatie over psychologie, wetenschappelijk onderbouwde uiteenzettingen en goeie visuals die het geheel duidelijk en hanteerbaar maken.

Geen tussendoortje!

Meer info over boek en inhoudstafel vindt u alvast hier

<https://www.managementboek.nl/boek/97...>

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## **Irene says**

This is the textbook for the Communications course at Athabasca University that is part of the Bachelor of Management program that I'm enrolled in.

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## **Talitha Kalago says**

This book has a poor layout and dry writing. The ideas/theory is interesting, but the text itself leaves much to be desired.

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## **Brandt says**

Definitions are important. While I consider the framework of this book, I am aware that the title is *The Skilled Helper*. Not, “*The Skilled Counselor*,” nor, “*The Skilled Therapist*”. This is why many of the complaints about this book are focused from the perspective that this text should be exclusively about counseling or therapy. Although many aspects of these processes are incorporated into the text, it is not a stand-alone reference for either counseling or therapy. What it is about is “‘client-directed and outcome-informed’ (CDOI) helping” (Duncan et al., 2010, as cited in Egan, 2014, p.8).

Mainly, this book strives to set the foundations of client focused life-enhancing outcomes. Further, it is about how to establish a collaborative relationship with clients and help inform meaningful communication that enhance the helping process. From establishing the parameters of problem-management and opportunity development, through the relationship and communication building skills, the culmination is in the proposed purpose of helping; viz., successful outcomes for the client.

Of particular interest, this book presents a model of helping that can assist conceptualization of the process of engagement with clients. From (1) understanding the client’s perspective of the problem, through (2) what the client needs or wants, and culminating in (3) the process of achievement, the skilled-helper model accentuates the need for effective skills in communication. Moreover, it is a reminder that counseling and therapy are not just about understanding a client’s weaknesses, problems, or particular symptomology; helping people is about bringing forth the subjective strength of the individual and nurturing what is best in them. “[H]elping at its best provides clients with tools to become more effective self-helpers” (Egan, 2014, p. 11).

Ultimately, a counselor will be informed by their theory and strive for expertise in the basics, whereas a skilled counselor will augment their practice with proven methods and evidence-based practices that are informed by research. This book presents methods that can be utilized once the basics are obtained. This may be the difficulty in using this book at a beginning level of counseling. Perhaps, it may be more suited to enhancing the counseling process.

From a personal perspective, I will keep a copy of this book and refer to it when necessary. Especially for those tiny kernels of knowledge, such as, “Our task as therapists is not to talk our clients into taking control of their lives, but to confirm the fact that they already are and always will be” (Driscoll, 1984, as cited in Egan, 2014 p. 394). Moreover, for the recognition, and discussion, of the shadow-side realities inherent in the helping relationship.

Happy Reading!

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### **Antonomasia says**

As another reviewer has mentioned, this is very dry. In the couple of years leading up to the course which used this book, I'd read dozens of academic psychology books (plenty more technical re. neuroscience) and this was the duller by a considerable margin.

Also was not very happy with some of the approaches: had found I leaned more towards a person-centred approach with psychodynamic elements, and also one somewhat critical of state-mandated uses of psychology to create lots of tidy little uncomplaining, conforming worker bees (in book form the best critique along such lines looks to be *The Happiness Industry: How the Government and Big Business Sold us Well-Being*). To take one example, sections such as 'encourage the client to see every problem as an opportunity' appear naive and unempathic when applied to some circumstances, may set people up to fail or be unrealistic, and can also encourage a client to be people-pleasing or presentation orientated rather than accessing how they really feel. Actual counselling should be dealing with a greater level of complexity than the average £6.99 self-help book. There are some brief therapy types, with certain types of people, such approaches are useful for, but the book, like government promoted attitudes (in the UK at least) encourages overapplication of these.

Most training programmes probably implicitly allow for differences in approach, but too many students on them, not having done much other research, and often not coming from an academic background, accept approaches like Egan's uncritically without considering whether they are always appropriate, and/or the socioeconomics behind them. One may be expected to use them in certain placements or jobs, but people should be encouraged to see that this approach is by far from the only one, and should be able to maintain an ability to think outside it.

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### **Megan McKenzie says**

Great information, but oh my god, this was the duller, wordier book I've ever read.

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**Lisa says**

This book paired with Ed Teyber's "Interpersonal Process in Therapy" stay close to me - almost like devotional reading! The Skilled Helper has been good from a novice counselor viewpoint.

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**Rita Ramirez Terrell says**

Outstanding book for the counselor-in-training

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**Susan says**

A necessary read for college. Good info, but you must be fully alert when reading or you will most assuredly fall asleep.

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**Sarah M. Adly says**

First, i can't believe myself and say i finished this book as it is one of my biggest challenges in reading... i don't know but it was very hard on me and sometimes really i don't understand it. i am not sure is the problem in its english or component as english is not my native language. but it was hard...sometimes i feel it is dry...hard and boring and sometimes i enjoy it a lot. Also i believe it is not for beginners in counselling world at all... it is for more professional. it takes from me a lot of time really to understand some of it. and honestly till now i didn't understand a quiet big part of it. planning to read it again with study every word in it. May it helps

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**Lisa Jones says**

Counseling Theory- great theory for organized people, but sometimes peoples problems are not always as organized.

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