



Values Clarification in Counseling and Psychotherapy: Practical Strategies for Individual and Group Settings

Howard Kirschenbaum

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This is the most comprehensive book ever written on how counselors and psychotherapists can work with clients around values, decision-making and action-planning. It shows how to use value-clarifying questions, value-clarifying interviews, and over 40 values clarification strategies with 1,000 or so examples that can be used with individuals and groups on specific issues. Applications for virtually all counseling, psychotherapy and social work specialties are included, as is theory, research, multicultural issues, and in-depth discussion on value and moral conflicts with clients. About two-thirds of the book is filled with practical activities, examples and case studies. The other third contains substantive sections on the history and development of values clarification, theory and research, the relation of values clarification to other counseling approaches, multicultural issues when working with values, and arguably the most thoughtful discussion in the literature about how counselors can avoid imposing their values on clients and handle counselor-client values conflicts.

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