

Power of One: Using Adventure and Experiential Activities Within One on One Counseling Sessions

D. Maurie Lung, Gary Stauffer, Tony Alvarez

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This powerful new resource for the therapist is loaded with activities and processing considerations that can help facilitate personal growth and change in sessions with individual clients. Adventure-based, individual counseling invites clients to take action during the session and utilize the material that arises in the moment, at the point of performance, to address and move toward treatment goals. The connection to DSM-IV TR diagnoses and treatment planning represents an alignment with mental health treatment that strengthens the literature, making this book an innovative and important contribution to the fields of counseling and therapy.



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