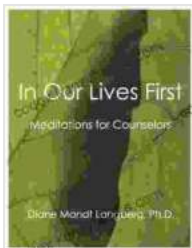


In Our Lives: First Meditations for Counselors

A Unique and Personal Approach to the Practice of Counseling

In Our Lives: First Meditations for Counselors is a book that offers a unique and personal approach to the practice of counseling. Through a series of meditations, the book helps counselors to connect with their own experiences and emotions, and to develop a deeper understanding of the human condition.



In Our Lives First: Meditations for Counselors

by Diane Langberg

★★★★☆ 4.7 out of 5

Language : English
File size : 2182 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 174 pages
Lending : Enabled



The book is divided into four parts, each of which focuses on a different aspect of the counseling process. The first part, "The Counselor's Journey," explores the personal and professional journey that counselors take as they work with clients. The second part, "The Client's Journey," examines the experiences and challenges that clients face as they seek counseling. The third part, "The Therapeutic Relationship," discusses the importance of the relationship between counselor and client, and how it can be used to

promote healing and growth. The fourth part, "The Counselor's Self-Care," offers guidance on how counselors can take care of themselves and prevent burnout.

The meditations in *In Our Lives* are designed to be accessible to counselors of all levels of experience. They can be used for personal reflection, as a way to prepare for client sessions, or as a tool for teaching and training. The meditations are also accompanied by discussion questions and journaling prompts, which can help counselors to deepen their understanding of the material.

In Our Lives is a valuable resource for counselors who are looking to develop a more holistic and compassionate approach to their work. The book offers a unique and personal way to connect with the human condition, and to develop the skills and qualities that are essential for effective counseling.

Benefits of Reading *In Our Lives: First Meditations for Counselors*

- Develop a deeper understanding of the human condition
- Connect with your own experiences and emotions
- Learn how to build a strong therapeutic relationship with clients
- Discover ways to prevent burnout and take care of yourself
- Enhance your counseling skills and qualities

Who Should Read *In Our Lives: First Meditations for Counselors*?

In Our Lives: First Meditations for Counselors is a valuable resource for:

- Counselors of all levels of experience
- Counselors-in-training
- Mental health professionals
- Anyone who is interested in developing a more holistic and compassionate approach to helping others

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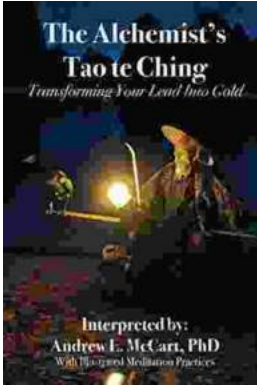
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