



# **Exercises in Helping Skills for Egan's The Skilled Helper: A Problem-Management and Opportunity Development Approach to Helping, 8th**

*By Gerard Egan*

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Written by Gerard Egan, with assistance from Rich McGourty, this manual parallels the main text, THE SKILLED HELPER, Eighth Edition. The manual allows students to complete self-development exercises as well as practice communication skills and each of the steps of the model in private before using them in actual face-to-face helping interactions with others.

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#### **About the Author**

Gerard Egan, Ph.D., is Emeritus Professor of Psychology and Organizational Studies at Loyola University of Chicago. He has written over a dozen books and currently writes in the areas of communication, counseling, business and organization effectiveness, management development, leadership, the management of innovation and change, and organization politics and culture. He also conducts workshops in these areas both in the United States and abroad and is a consultant at a variety of companies and institutions worldwide.

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