



# Therapeutic Expedition: Equipping the Christian Counselor for the Journey

*John C. Thomas, Lisa Sosin*

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For undergraduates and those pursuing a master's degree in counseling, psychology, social work, or pastoral counseling, Therapeutic Expedition is the only comprehensive basic helping skills textbook built upon a biblical world-view. Authors John C. Thomas and Lisa Sosin pull from their combined fifty years of clinical and classroom experience to prepare future counselors for their professional journey, fostering specific skills application in the areas of:

- Creating a helping relationship
- Assigning homework
- Exploring the counselee's concerns
- Spiritual strategies
- Facilitating the sessions
- Using metaphors
- Assessing the counselee

The book's unique combination of qualities—a practical approach highlighting professional and personal growth based on authoritative, interdisciplinary, and biblical worldview outlooks—makes this an outstanding text within its field. Workbook exercises to foster skills application are included with each chapter.

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