



# Intentional Group Counseling: A Microskills Approach

By Allen E. Ivey, Paul B. Pedersen, Mary Bradford Ivey

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**Intentional Group Counseling: A Microskills Approach** By Allen E. Ivey, Paul B. Pedersen, Mary Bradford Ivey

Written for beginning group leaders in the helping professions or for any field where the group process is utilized, this practical book guides readers step by concrete step through the specific skills and strategies of group leadership-breaking down its complexities into teachable skills. The authors provide a carefully sequenced set of tools and training in basic skills that help students develop the self-confidence they will need to lead groups. Your students will discover that by using microskills in intentional ways, they can achieve relatively predictable results. They will practice listening and focusing skills, influencing and conflict management strategies, process observations, and much more with this books' sequenced learning activities based on Allen E. Ivey's respected Microskills Approach.

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### **Editorial Review**

#### **Review**

A well written book. . .Illustrates a concrete approach to learning to become a group leader. . .Provides a clear concept of the group experience. . ."

"I can think of no other group text where multicultural ideas are so thoroughly infused. . .A fresh perspective on skill development for group leadership."

#### **About the Author**

Allen E. Ivey is Distinguished University Professor (emeritus) at the University of Massachusetts, Amherst. A Diplomate in counseling psychology, Dr. Ivey is a Fellow of the American Psychological Association, American Counseling Association, and Asian-American Psychological Association. His work in diversity led him to be honored as a Multicultural Elder at the National Multicultural Conference and Summit. He has written more than 40 books and 200 articles and chapters, translated into 20 languages. Dr. Ivey's undergraduate work was in psychology at Stanford University, followed by a Fulbright Grant to study social work at the University of Copenhagen, Denmark. His doctorate is from Harvard University. He is the originator of the Microskills approach, basic to this book.

Mary Bradford Ivey is Senior Consultant at Microtraining/Alexander Street Press and a former Vice President of Microtraining Associates. She has served as visiting professor at the University of Massachusetts, Amherst; the University of Hawai'i, Manoa; and Flinders University, South Australia. She is a retired elementary counselor and a former Stress Management counselor at Amherst College. Her comprehensive elementary program was named one of the top ten in the nation at the Christa McAuliffe Conference. Dr. Ivey earned a master's degree in counseling from the University of Wisconsin, and a doctorate in organizational development at the University of Massachusetts, Amherst. She is the author or co-author of twenty books (translated into multiple languages), as well as several articles and chapters. A Nationally Certified Counselor (NCC), she has presented workshops and keynote lectures with Dr. Allen Ivey throughout the world. She is also known for her work in promoting and explaining development guidance and counseling in the United States and abroad. She is one of the first fifteen honored Fellows of the American Counseling Association and is also a recipient of the American Counseling Association's Ohana Award for her work in multicultural counseling.

### **Users Review**

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**Dale Burt:**

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