

How Can I Help?

What You Can (and Can't) Do
To Counsel a Friend, Colleague
or Family Member With a Problem

Anna Ranieri, PhD & Joe Gurkoff, MA

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This user-friendly guide to helping friends, colleagues and family members is a practical resource for parents, teachers, nurses, managers, friends and relatives - anyone who wishes to help another person facing a problem. Written by two seasoned psychotherapist with experience in career counseling and coaching who explain and demonstrate counseling skills and problem solving techniques proven effective with relationship issues, work challenges, reaching personal goals or managing health concerns.

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Edwina Callan says

I received this book through the Goodreads First Reads giveaway site.

This is a book of advice about what to do and what not to do, to be a good "helper".

The most important thing to do, of course, is to really listen when someone needs you to.

To ask questions, to help the person figure out what to do, is also important, as most people just rush in with advice instead of helping the person work it out in their own head.

Also you must ask yourself if this person has come to you for help or do they just need to rant or a shoulder to cry on.

Most of this book I found to be plain old common sense, which, sad to say, seems to be lacking in our world today.

Shauna says

A very good primer for people who want to be supportive and helpful to those they know. The steps are easy to follow and remember. The chapters go into enough depth without becoming repetitive and the strategies for more than just conversational support are realistic and obtainable. If you've ever had training for supportive roles within hotlines, support groups, advisory positions, or nonviolent communication then the steps in this book will probably be familiar to you to some degree. It's well worth the read for anyone who gets asked for advice or counsel often.

Jason Comely says

Counselling skills for the layperson. Everyone should read this.

Tebmeb says

At first I didn't think I needed to read this because I like to think of myself as a good helper, but it made me realize there were some areas of information that I had not thought about. I thought it was easy to read through and learn. Thank you.

Stephanie Schmidt says

Before I begin my review, I must disclose that I was a recipient of this book via Giveaways.

How Can I Help? interested me a great deal. I am a teacher and the Union Representative for our school. As such, I have a revolving door of problems that need to be heard and resolved. This being said, I was hopeful that this book would be able to give me sound advice on assisting co-workers.

The book is short and very readable. It is written in layman's terms, which is much appreciated, and this helps to make the points and examples extremely clear.

As I mentioned before, it is not a long book, but it is a hefty one; meaning full of solid and practical advice, examples, what to do if's, and reminders that we are not professionals and to seek help when needed. The authors begin the book by describing the nature of helping and what it is and what it isn't (lending money, giving advice-guilty!). The authors then talk about how to help someone and each chapter is dedicated to one of the six steps they have outlined. In each chapter, examples are given illustrating the step, which allows the reader to visualize the strategy. They also offer specific probing questions that one may want to ask when in the helping role to facilitate the step. They devote a chapter to seeking professional support, and they do stress that this may be needed at any time. There is also a chapter on how to withdraw from the helping role and how it can be complicated and somewhat awkward.

This is a book that I will have to re-read and work on changing my tactics. After reading Chapter 2 on Listening, I realized that I am not doing as well as I thought I was! It was quite a revelation, really.

I would definitely recommend this book to anyone who finds themselves in a role of helping others. Quite a strong read.

Julie Griffin says

Have you ever reached out to anyone when you are going through a crisis, only to find their help frustrating and, worse, sometimes contributing to the problem? Have you tried to discuss feelings of hopelessness or depression with someone, only to have them counter with how their own problems are just as bad, or you must have faith, or you aren't being optimistic enough? The implication is that your problems are not that big a deal. If we could all get a copy of this book and give to our, sometimes ineffectual, friends and family, we might find better solace next time around. "How Can I Help? What you Can (And Can't) Do To Counsel a Friend, Colleague, or Family Member with a Problem" was written for "helpers" to learn more about how to counsel those around us when they are facing difficult issues. Those who would buy such a book may already know a lot of what is advised by Ranieri and Gurkoff, both counselors, who offered this book "as a way to share what we've learned about helping people in our combined 50 years as psychotherapists, career counselors, and business consultants. Our goal was and is to make it possible for thousands of people we'll never meet... to make a difference in the lives of those they care about." Thus, they raise the curtain on basics of counseling and allow anyone with an interest to increase his or her skills and abilities to help others. Many of the ideas in this book may be second nature to some. The authors break down the process of helping into steps: listening, clarifying the issues and defining the problem, setting the goal, making a plan, keeping on track, and finally, leaving the helping role. Listening is redefined as helpful listening, a way to take in what the person is saying without judgment or jumping in to offer solutions prematurely. The authors offer several real-life examples of ways to phrase what they are defining, and the book is easy to read by the layperson. It is commonsense but worth reading over as a way to organize and reiterate what to do when reaching out to

someone. The steps are easily defined, the material is well-organized, and it is a quick read for someone who is turning to this book for help in the spur of the moment. Perhaps most helpfully it will underscore that you are doing the right things at the right times. Now if we could only figure out how to get it in the hands of those who could really use it, next time we reach out to others.....

Mohammad alshawan says

GOOD BOOK WITH GREAT IDEAS TO CHANGE AND TO HELP PEOPLE .
