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## **A Personal Approach to Counseling, Four Techniques of Therapy, & Brief Therapy and Counseling**

Charles William Hollis

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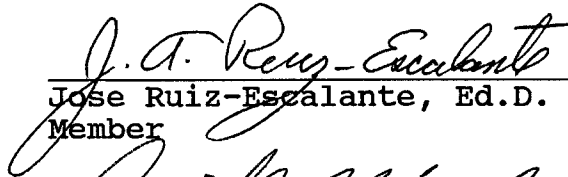
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A PERSONAL APPROACH TO COUNSELING, FOUR TECHNIQUES OF  
THERAPY, & BRIEF THERAPY AND COUNSELING

by

Charles William Hollis, B.A.

DIRECTED STUDY IN EDUCATION

Presented to the Graduate Faculty of Education

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for the Degree of

MASTER OF ARTS

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### ABSTRACT

The field of counseling is a rapidly changing profession, and counselors, both new and old must learn to adapt to these changes. The counselor should decide on and maintain a basic theory of counseling, and yet not allow that theory to be so rigid that it fails to use some of the benefits from other theories when applicable. The counselor should learn to look at all sides of an issue before deciding what stand to take on that issue, and the stand should be one that inevitably is aimed at his/her enhancement as a counselor.