



*Skills for Effective Counseling: A Faith-Based Integration*  
**Available September 2016**  
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*"The effectiveness of counseling, and similar helping relationships, depends on the relationship skills that counselors use in their conversations with counselees."*

## Making Communication Essential

InterVarsity Press (IVP) is pleased to announce the latest release in their partnership with the Christian Association for Psychological Studies (CAPS). *Skills for Effective Counseling: A Faith-Based Integration* by Elisabeth Sbanotto, Heather Gingrich and Fred Gingrich furthers the development and research into why mastering basic communication skills is essential for counselors at any level.

"The effectiveness of counseling, and similar helping relationships, depends on the relationship skills that counselors use in their conversations with counselees," write the authors. "The literature consistently reports that the largest components of effective counseling are the nature and quality of the therapeutic relationship and the skills that are utilized to create and maintain that relationship. All counseling, clinical psychology, social work, spiritual direction, pastoral counseling, life coaching and mentoring training programs include considerable attention to the development of core relationship dynamics that foster connection, understanding and progress toward goals."

This groundbreaking textbook will fill a gap in the educational resources for counseling and communication, using a microskills approach to teach foundational helping proficiencies for those in Christian and spiritually-attuned helping relationships. It will focus on teaching specific techniques and providing practical exercises to establish a solid foundation of helping skills. Using Scripture, theological reflection and spiritual formation concepts, this text will illustrate the important principles of empathy, authenticity and confrontation.

"We expect that many who read this book will identify themselves as counselors (or on their way to becoming counselors of some variety), while others of you are in related helping roles that are not specifically identified as counseling roles," write the authors. "Regardless of your calling, whether you are a pastor, spiritual director, life coach, mentor, pastoral care provider, mental health counselor in training or in some other people-helping role, we assume that you care about the psychological-emotional-spiritual well-being of people or you would not be reading this book."

This text will further the praise initially received from Les Parrott (author of *Counseling and Psychotherapy*) upon the release of *Modern Psychopathologies*, the launch text of the CAPS line: "Finally! A comprehensive Christian perspective on abnormal psychology. This book is grounded, insightful, biblical, practical, accessible – and long overdue. Everyone interested in exploring psychopathology from a Christian worldview will relish reading this book."

Since then IVP has published more than twenty books in the CAPS line, both at the clinical counseling and theoretical research level. Topics covered include ethics, couples and family counseling, evidence-based practices, trauma, sexuality, gender, social psychology and

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# BOOK DETAILS

**Elisabeth A. Nesbit Sbanotto** (PhD, University of Arkansas) is assistant professor of counseling at Denver Seminary. She is the coauthor with Craig Blomberg of *Generational Ministry*. A national certified counselor and registered psychotherapist, she maintains a private practice in Littleton, Colorado.

**Heather Davediuk Gingrich** (PhD, clinical psychology) is a counselor, scholar, teacher and former missionary. She is professor of counseling at Denver Seminary and maintains a small private practice working with complex trauma survivors.

**Fred C. Gingrich** (DMin, Eastern Baptist Theological Seminary) is an ordained minister and a professor of counseling and counseling division chair at Denver Seminary. As an approved supervisor with the American Association for Marriage and Family Therapy, he is widely experienced as a counselor trainer and supervisor.

several integration books looking at the field as a whole. CAPS authors and editors have included some of the field's foremost researchers and practitioners, including: Jamie D. Aten, Virginia Todd Holeman, Stanton L. Jones, Eric L. Johnson, Mark R. McMinn, Angela Sabates, James N. Sells, Randolph Sanders, Everett L. Worthington, Jr. and Mark A. Yarhouse.

"IVP's partnership with CAPS is an exciting opportunity to work at the cutting-edge of Christian psychological research," says David Congdon, associate editor of academic books. "The explosion of involvement in the field of psychology has been one of the most remarkable examples of Christians addressing the 'scandal of the evangelical mind.' The authors of our CAPS books are exploring new conversations and new areas of integration, which are academically rigorous, clinically tested and theologically minded. We are thrilled to be a partner in the publication of works that will contribute to human well-being and the flourishing of God's kingdom."