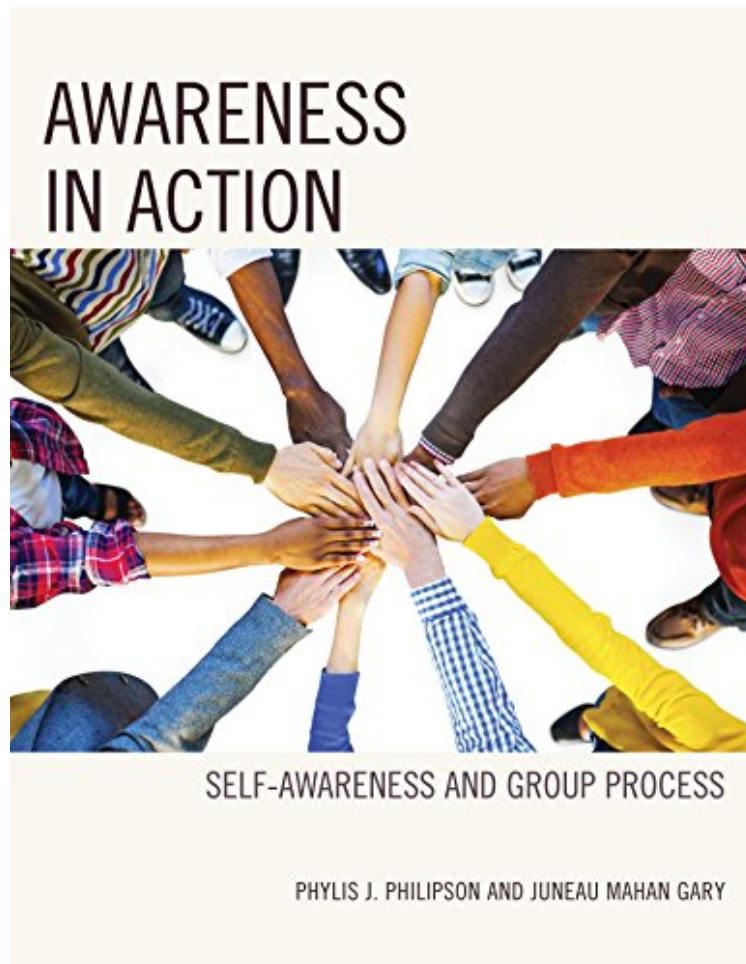


(Free) Awareness in Action: Self-Awareness and Group Process

## Awareness in Action: Self-Awareness and Group Process

*Juneau Mahan Gary, Phylis J. Philipson*

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**Juneau Mahan Gary, Phylis J. Philipson : Awareness in Action: Self-Awareness and Group Process** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Awareness in Action: Self-Awareness and Group Process:

Awareness in Action is a user-friendly text/workbook designed for undergraduate and graduate students pursuing mental health degrees (e.g., counseling, psychology, and social work) and other human relations professions (e.g., medicine, nursing, public administration, and business). It has been used successfully by trainers for professional development seminars in human relations. Awareness in Action uses group-based experiential exercises to enhance self-awareness in professional and personal relationships, in order to improve the quality of both types of relationships. It is grounded in the research of cognitive behavior therapy (CBT), solution-focused therapy (SFT), group work theory, and wellness theory, widely used and accepted by mental health clinicians.

A truly inspirational, user friendly book written with a genuine desire to gently guide each reader to self-examine how they affect others and examine how others affect them in their personal and professional relationships.... This book is a great teaching and development aid, suited to the classroom or the workplace; short exercises could be used for lesson planning or personal development plans. The book is sensitively written; at the end of each chapter there are two boxes one is 'A moment to reflect' and the other 'A moment of humour', with some extraordinarily pertinent quotes that are charming. This is a modern tool box of resources which can help you to refine your skill and enhance your awareness of yourself and others. (Nursing Times)

**About the Author** Phylis J. Philipson, PhD, is retired from private practice as a licensed clinical professional counselor, certified social worker, and psychotherapist. She was an adjunct professor at Kean University, teaching graduate level counseling courses, as well as an instructor at Middlesex County College and Raritan Valley Community College in NJ. She is currently teaching part-time for the Broward County School System, FL. She was president of the NJ Counseling Association and served on the National Board of the Association for Spiritual, Ethical, and Religious Values in Counseling and the board of the Union County (NJ) Mental Health Association. Juneau Mahan Gary, PsyD, a professional counselor and clinical psychologist, is a professor at Kean University, Union, New Jersey, in the Department of Counselor Education, a graduate-level program. She volunteers at the United Nations (New York City) through the American Psychological Association NGO. She has authored journal articles and book chapters on multicultural counseling, group work, international mental health, and counseling and technology; has edited a book on sexual assault prevention; and facilitates training workshops on crisis intervention, multicultural/diversity issues, and human relations skills development.