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Health Counseling: Application And Theory (HSE 255 Health Problems & Prevention)



Synopsis

HEALTH COUNSELING uniquely infuses the topics of health education and counseling into one text. It explores the content and pragmatic application of health counseling with the assistance of a variety of health education and counseling contributors, thus providing a mixture of useful and relevant perspectives related to the discipline. Contributing authors include an exercise physiologist, registered dietician, nutritionist, alcohol tobacco and other drug (ATOD) specialist, counselors, as well as a psychotherapist. The text also presents students with examples and case studies to help them better understand the material and to teach them the skills they need to be effective health counselors and educators.

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