**HUS 2302 Basic Counseling Skills Lesson 14**

TEXTBOOK: The Helping Relationship: Process and Skills, 8TH ED. Brammer and McDonald

This class talks about “The Helper”-you-the counselor-and “The Helpee”-the client or the one being helped within the session.

**ASSIGNMENT:**

\* Discuss your views on the holistic approach to counseling an individual to include a person's mental/emotional, physical, medical, intellectual, and spiritual well-being (mind/body/spirit connection). There is no right or wrong perspective and no one has all of the answers. Post your response in the discussion board.