

**BİREYLE PSİKOLOJİK  
DANIŞMA**  
-İLKE ve TEKNİKLER-

Prof. Dr. Yener ÖZEN



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# ÖNSÖZ

Psikolojik sađlık, insan varoluşunun temel direklerinden biridir. Toplumların ve bireylerin karşılaştığı zorluklar, zamanla değışse de psikolojik danışmanın önemi artarak devam etmektedir. “Bireyle Psikolojik Danışma - İlke ve Teknikler” adını verdiğimiz bu eser, psikolojik danışmanlık mesleğinin temel taşlarını, ilke ve tekniklerini, en güncel bilgiler ışığında ele almak üzere tasarlanmıştır. Bu kitabı oluşturma sürecindeki temel amacımız, psikolojik danışmanlık alanında çalışan profesyonellere, öğrencilere ve bu mesleğe gönül vermiş herkese kapsamlı bir kaynak sunmaktır.

Kitabın ilk bölümleri, psikolojik danışmanlığın tanımı, tarihçesi ve etik ilkeleri gibi temel konularla başlamaktadır. Bu bölümler, okuyuculara psikolojik danışmanlık mesleğinin kökenleri ve temel değerleri hakkında derinlemesine bir bakış açısı sunar. Psikolojik danışmanın rolü ve özellikleri üzerine odaklanarak, mesleğin temellerini sağlam bir zemin üzerine kurmayı amaçlıyoruz.

İletişim becerileri, danışmanlık sürecinin kalbini oluşturur. Bu nedenle, empati kurma, aktif dinleme, açık uçlu sorular sorma ve yansıtma gibi temel iletişim becerilerine geniş bir yer ayırdık. Bu bölümler, danışanlarla etkili bir şekilde iletişim kurmanın yollarını detaylandırmaktadır.

Danışanı anlama, psikolojik danışma yaklaşımları ve danışma süreci bölümleri ise, danışanlarla kurulan terapötik ilişkinin nasıl geliştirileceği, farklı psikolojik danışma yaklaşımlarının özellikleri ve uygulanış biçimleri ile danışma sürecinin aşamaları hakkında detaylı bilgiler sunmaktadır.

Özel konular ve uygulama alanları bölümünde ise, kriz müdahalesi, travma sonrası stres bozukluğu, aile ve çift terapisi, çocuk ve ergen danışmanlığı ve kariyer danışmanlığı gibi spesifik alanlara dikkat çekiyoruz. Mesleki gelişim ve süpervizyon ile araştırma ve değerlendirme

## Önsöz

bölümleri, mesleki yetkinliğin sürdürülmesi ve geliştirilmesi için gerekli olan süreçleri ve araştırma yöntemlerini ele alıyor.

Bu kitap, mesleki pratiğinize derinlik kazandıracak bilgi ve becerilerle doludur. Aynı zamanda, psikolojik danışmanlık alanında karşılaşılan etik dilemmalar, zorlu durumlar ve mesleki gelişim fırsatları üzerine düşünmenizi sağlayacak zengin içeriğiyle rehberiniz olmayı amaçlamaktadır.

Her bölüm, alanında uzman yazarlar tarafından, en güncel araştırma ve uygulamaları temel alarak yazılmıştır. Eserimiz, teorik bilgilerin yanı sıra pratik uygulamalar, vaka çalışmaları ve örnek müdahale planları ile zenginleştirilmiştir.

“Bireyle Psikolojik Danışma - İlke ve Teknikler”i elinize aldığımızda, psikolojik danışmanlık mesleğine dair kapsamlı ve güncel bir kaynağa sahip olacaksınız. Umarız bu eser, mesleki yolculuğunuzda değerli bir rehber ve ilham kaynağı olur.

İyi okumalar dilerim.

*Prof. Dr. Yener ÖZEN*

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