



Awareness in Action: Self-Awareness and Group Process

Phylis J. Philipson, Juneau Mahan Gary

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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.

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