



# Empowering Dialogues Within: A Workbook for Helping Professionals and Their Clients

*Kate Cohen-Posey*

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Immersed with wisdom, *Empowering Dialogues Within* is a unique client workbook filled with narratives, case vignettes, and exercises, providing mental health professionals with a broad-based toolkit to help clients become more self-aware. It is filled with instructive case examples and practical advice for building clients' confidence, wisdom, and sense of wellness and a foundation for lifelong strength and growth.

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