



# Giving and Taking Help

*Alan Keith-Lucas*

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## **Giving and Taking Help** Alan Keith-Lucas

Giving and Taking Help is a book which examines what is involved in the helping process in social work - giving and taking help. It shows how all good helping is characterized by three fundamental dimension - reality (what we're up against), empathy (an act of the loving imagination), and support (I am here to help you if you want me and can use me).

Giving and Taking Help draws a strong contrast between helping and controlling. It recognizes the role of choice and responsibility and that helping is not preventing choices or shielding from the consequences of choices.

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