

First Steps In Counselling

Family therapy is a rapidly expanding field. This book introduces a range of concepts, skills and applications from a systemic approach. The first part sets out the theory and examines relationship types, the family life cycle, interactional sequences and different models of change. The next section puts the theory into practice. It describes verbal and non-verbal techniques which are used to elicit information and initiate change. The last part considers some of the necessary conditions for the successful integration and application of this approach in social work practice, illustrated by detailed case examples. A series of graduated exercises is designed to encourage readers to explore the theory and practice of family therapy in their own agencies.

With over 100,000 copies sold, 'First Steps in Counselling' sets the standard for approachable, entry-level texts, mapping out the ground for those with little or no prior experience. The fourth edition brings this best-selling text up-to-date for today's introductory students.

This practical bestseller from leading expert Richard Nelson-Jones introduces the essential counselling skills for the helping professions. Now in its fourth edition, it guides you through the key skills for helping work across a range of settings, such as counselling, nursing, social work, youth work, education and many more. It explores 17 key counselling skills, including: -asking questions -monitoring -facilitating problem solving -negotiating homework Each chapter describes a particular skill, illustrates it using clear case examples across a range of settings and then helps you consolidate and practise what you've learned through a set of creative activities. Further chapters cover professional issues including a new chapter on managing crises and chapters on ethical dilemmas, supervision, working with diversity and more.

Trusted author Margaret Hough updates this bestselling resource that will provide you with the clearest introduction to the major approaches in counselling. Easy to read, clear and concise, this full colour updated edition will take you from learning to application with a variety of group tasks and case studies to explore and evaluate. - Explore the new extended sections on Cognitive Behaviour Therapy, Neuroscience, and Cultural Diversity and Counselling to highlight new approaches, developments and research. - Consolidate learning with new student exercises - now over 70! - Translate theory into practice with new case studies, including some that will illustrate the problems clients experienced during Covid-19, with special reference to emotional and psychological effects of lockdown - Understand the ways in which neuroscience helps us understand the beneficial effects of counselling and psychotherapy with the regular references throughout the book.

Using Research in Counselling and Psychotherapy

Learning to Counsel

Basic Counseling Techniques

A Beginning Therapist'S Toolkit (Third Edition)

First Steps Towards a Systemic Approach

Counselling Skills in Action

'This book will be of interest to anyone who may be considering training for a career in counselling and psychotherapy.... This reader with a considerable amount of information that may be used to select and hopefully successfully complete the right path pertinent to their specific requirements. It maintains a good balance of being honest about the often rigorous and intense training, as well as being kindly reassuring that success can be achieved if approached in the right manner with sound advice throughout on how this may be carried out effectively' - Jacqueline A Lawrence, Counselling Psychology Review This highly practical and informative book is designed for all who are considering training in counselling, counselling psychology or psychotherapy. To succeed within these increasingly professional and competitive fields, candidates need to have the appropriate training and qualifications. In theory, and in practice, the professional groups have much in common, each has its own distinct training routes and qualifications which can be confusing for the newcomer. A Beginner's Guide to Training in Counselling & Psychotherapy sets out clearly the range of options for trainees including the professional pathways and main theoretical models available to them. Drawing on their vast experience as practitioners and former trainees, the contributors provide insights into what to expect from training and offer clear advice on how to select the right training - identify personal qualities which make them suitable or unsuitable - make a successful application for training This book is the ideal starting point for anyone considering training in counselling, counselling psychology or psychotherapy. Trainers who want to provide students with an overview of the training process will find this an excellent text to recommend as course reading.

'Jenkins' book makes the law relevant, understandable and manageable to counsellors and psychotherapists. It makes clear, readable and essential reading for therapists in training as well as those in practice. [All] counsellors and psychotherapists need to be up to date with the law and with how it relates to their work. This book is more than timely with the impending introduction of regulation, and the increasingly the work of counsellors and psychotherapists is being subjected to legal scrutiny' - Healthcare Counselling and Psychotherapy Journal Counselling, Psychotherapy and the Law is the long-awaited Second Edition of Peter Jenkins' comprehensive introduction to the issues in relation to counselling and psychotherapy in the UK. This text has been fully updated to include coverage of the key areas of the law that have had major impact on therapists' practice with regard to data protection and the management of confidential records. It breaks new ground by exploring in detail the relationship of ethics to the law and providing a framework for relating the BACP Framework to legal decision-making. Key features of this new edition include: " extensive use of case studies. These bring legal issues to life and give a human dimension to powerful ethical dilemmas such as seeking agreement to end medical treatment, or client's giving access to their own confidential records " key points, which provide quick summaries of complex material and reference guides for practitioners " the multiple points of crossover and intersection of law and therapy. These are identified and explored, ranging from the use of the law in theory, to the provision of pre-trial therapy for abused children, to the role of the therapist as expert witness. This new edition provides reassurance for practitioners at all levels about the exact nature of their responsibilities, and how these can best be managed to enable them to comply with the law and focus on their therapeutic work with clients. Counselling, Psychotherapy and the Law provides an essential source of reference in a single volume, making a fascinating and complex topic understandable and bringing it to life. Peter Jenkins, formerly a member of the BACP Professional Conduct Committee and currently a member of the Ethics Commi

has been described by Counselling at Work as 'probably the foremost authority on legal issues in counselling'. He is Co-Director of Counselling and Psychotherapy Directorate at the University of Salford. More reviews: 'Despite requiring real concentration, this is an essential read for counsellors and psychotherapists irrespective of background and theoretical orientation. Trainers, supervisors and coordinators especially would benefit from the up to date material contained here' - Therapy Today 'Peter Jenkins has consulted the content of this book, both within the psychological therapies field and with legal eagles. [His] use of clear flow diagrams and boxes enable the reader to identify the similarities and differences between professional and moral/ethical debates. It is a thoroughly researched and accessible text' - Association for University and College Counselling Journal 'a comprehensive overview of a relatively new field. This book represents a helpful addition to practitioners' bookshelves as a reference work, but also a beneficial read to stimulate thoughtful responses to practical dilemmas. It provides a good support to both therapeutic and supervision practices across a range of experience and theoretical models' - The Psychotherapist

This book is a first steps introduction to cognitive behaviour therapy that will appeal to the interested reader and professional alike about the approach. It introduces you to the history of the approach, describes its behavioural and cognitive principles, and explains techniques and methods within the context of contemporary practice. Further chapters on Formulation, Working with Imagery and Directions in CBT help you to extend your learning, while reflective activities and case studies throughout the book support you in applying principles and perspectives to practice.

Primarily aimed at those who are interested in knowing more about counseling and acquiring basic counseling skills, First Steps in Practitioner Research will also be valuable to those already working in the area. It offers a comprehensive coverage of all aspects of

First Steps in Practitioner Research

Counselling Skills

Family Therapy

Step in to Study Counselling

A Students' Companion for Degrees, HE Diplomas and Vocational Courses

A Students' Companion for Introductory Courses

New and experienced psychotherapists alike can find themselves overwhelmed by an ethical quandary where there doesn't seem to be an easy solution. This book presents positive ethics as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the psychotherapist and the client. The authors outline a clear decision-making process that is based on three practical strategies: the ethics acculturation model to help therapists incorporate personal ethics into their professional roles, the quality enhancement model for dealing with high-risk patients who are potentially harmful, and ethical choice-making strategies to make the most ethical decision in a situation where two ethical principles conflict. Throughout the decision-making process, psychotherapists are encouraged to follow four basic guidelines: Focus on overarching ethical principles Consider intuitive, emotional, and other nonrational factors Accept that some problems have elusive solutions Solicit input from colleagues and consultation groups Numerous vignettes illustrate how to apply positive ethics to many different ethical challenges that psychotherapists will likely encounter in practice.

Draw on Your Emotions is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. Offering a broad range of exercises which can be adapted for any ability or age from middle childhood onwards, this unique book explores a range of emotions surrounding a person's important life experiences, key memories, relationships, best times, worst times and who they are as a person. This is an essential resource for therapists, educators, counsellors and anyone who engages other people in conversations that matter about their relationship to self, others and life in general. This revised and updated second edition also contains a new section on how to use the superbly emotive The Emotion Cards (9781138070981) to facilitate deeper therapeutic conversations.

This practical guide to the gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in gestalt practice. The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, supervision, adopting a research approach, and managing difficult encounters. The Fourth Edition has been updated to include: Some implications of working in the twenty-first century, including working virtually Updated content on trauma An enhanced discussion of mindfulness and awareness New case examples and exercises Updated references and further reading

Best-selling introductory text for counselling training. Setting the standard for approachable entry-level texts, it is chosen by thousands of students.

Positive Approaches to Decision Making

Skills in Gestalt Counselling & Psychotherapy

Texts and Activities

Clinical Supervision and Professional Development of the Substance Abuse Counselor

Theory & Practice

Focusing

This work, aimed at absolute beginners, offers a basic introduction to counselling courses through to certificate level.

Now in its 4th edition, this bestselling book introduces you to the core counselling and psychotherapy skills you will need for effective therapeutic practice. With an online resource site featuring over 30 videos, you will be taken step-by-step through the skills and strategies needed at each stage of the therapy process.

'As a counsellor, supervisor and trainer I find this book such an excellent resource. It is invaluable in my teaching as well as supporting learning in supervision. Culley and Bond use their extensive experience as practitioners to demystify potentially complex ideas, instead presenting them in an accessible and engaging way. Counselling skills are described clearly and case study material is relevant to practice. The third edition brings new and contemporary content that further enhances the value of the book. Buy it now!' - Dr Andrew Reeves, Counsellor, Supervisor, Trainer and Editor of Counselling and Psychotherapy Research journal. Integrative Counselling Skills in Action, third edition, is a bestselling introduction to the core counselling skills. It takes you step-by-step through the skills and

strategies needed at each stage of the counselling process -- beginning, middle and end - using illustrative case examples and providing practical checklists and summaries. New to the third edition: · Negotiating and managing a counselling contract · Using self-disclosure · Preparing for and using supervision · An example of supervision included in extended case study · A new preface Integrative Counselling Skills in Action is used by many thousands of students and practitioners who need guidance on using counselling skills in a variety of helping settings.

This is a study guide for students tackling diploma and certificate level course assignments. All facets of counselling course studying are included.

Counselling for Maternal and Newborn Health Care

The Students' Companion

Develop the Skills, Insight and Knowledge to Counsel Others

Madness Contested

A Students' Companion for Basic Introductory Courses

Handbook of Psychotherapy Case Formulation, Second Edition

This is the first book on counselling skills to look in detail at the practical interventions and tools used to establish the therapeutic relationship. Step-by-step, the text teaches the reader exactly how to use these skills with clients to address their concerns and achieve therapeutic change. Integrative and pluralistic in approach, the text covers the key techniques from all the major therapeutic models, placing them in their historical and theoretical contexts. Techniques covered include empathic responding, experiential focusing, Gestalt, metaphors, task-directed imagery, ego state therapy, solution focused therapy, cognitive behavioral therapy, narrative therapy and self-in-representation therapy. The book: - presents each technique from the perspective of its underlying theory; - gives practical instruction on how to deliver each intervention; - provides extracts from counselling sessions to demonstrate the technique in action. This book is crucial reading for all trainees on counselling and psychotherapy courses or preparing to use counselling techniques in a range of other professional settings. It is also helpful for professionals who wish to acquire additional skills. Augustine Meier, certified clinical psychologist, professor Emeritus, Faculty of Human Sciences, Saint Paul University, Ottawa, Ontario and Founder and President of the Ottawa Institute for Object Relations Therapy. Micheline Boivin, certified clinical psychologist, Psychological Services of the Family, Youth and Children's Program at the Centre for Health and Social Services, Gatineau, Québec.

Previous ed.: London: Hodder Arnold, 2006.

Clinical supervision (CS) is emerging as the crucible in which counselors acquire knowledge and skills for the substance abuse (SA) treatment profession, providing a bridge between the classroom and the clinic. Supervision is necessary in the SA treatment field to improve client care, develop the professionalism of clinical personnel, and maintain ethical standards. Contents of this report: (1) CS and Prof^l. Develop. of the SA Counselor: Basic info. about CS in the SA treatment field; Presents the ¿how to¿ of CS.; (2) An Implementation Guide for Admin.; Will help admin. understand the benefits and rationale behind providing CS for their program¿s SA counselors. Provides tools for making the tasks assoc. with implementing a CS system easier. Illustrations.

The boundaries of the therapeutic relationship are a crucial part of effective therapy. But understanding them, and the effects of power and responsibility, can be intimidating to trainee or newly-qualified therapists. This book will take step by step through everything they need to know to work ethically and safeguard the wellbeing of both themselves and their clients. It tackles: · Contracting and the importance of negotiating and clarifying boundaries with clients · The implications and limits of maintaining confidentiality · Keeping clear sexual boundaries, and how to work around issues safely and appropriately · What happens when circumstances change, and everyday or serious disruptions occur to therapy · The nature of the therapist's power, and how to employ it responsibly to a client's benefit Packed with case studies, ethical dilemmas and points for reflection and discussion, this is an essential read for trainee practitioners and qualified therapists looking to ensure safe and ethical practice.

Counselling Skills and Theory

Basic Counselling Skills

Counselling and Therapy Techniques

Counselling Skills For Dummies

A Helper's Manual

First Steps in Counselling (5th Edition)

Focuses on the practice of core counselling and professional skills, with vignettes, activities, notes from practice, full references, suggestions for further reading and a running glossary.

This book contests how both society and Mental Health Services conceptualise and respond to madness.

The highly acclaimed most accessible basic introduction for everyone wanting to know more about counselling and helping.

In this book bestselling author John McLeod examines the multiple ways in which research can be used to inform and enhance counselling practice. The author discusses how research impacts on policy and practice, covering research knowledge, values, research awareness and skills. Further chapters cover: Using research to understand the therapy process and outcomes Using research to make sense of other lives Using client feedback to enhance practice Using research to build professional networks and effective organisations. The book can be used throughout training on counselling, psychotherapy and counselling psychology courses, to support the development of professional competencies and personal development. It will also be valuable reading for both practitioners and researchers.

Boundaries, Power and Ethical Responsibility in Counselling and Psychotherapy

Counselling, Psychotherapy and the Law

A Student's Companion for Basic Introductory Courses

A Handbook for Building Skills

A Students' Guide to Learning Counselling and Tackling Course Assignments

Power and Practice

The new edition of this popular and userfriendly book has been thoughtfully revised, updated and expanded. Fresh information has been added to keep pace with the rapidly advancing field of counselling and psychotherapy. *Learning to Counsel, Third Edition*, contains an abundance of illustrative graphics, case studies, examples of skills in practice, practical exercises, and sample letters, forms and checklists designed to stimulate learning. Its predecessor appears on the recommended reading list of several counselling certificate courses. This new revised edition is an ideal text for those contemplating embarking on a counselling course, trainee counsellors, counselling tutors to use in training, professionals working in the area of health care, management, and education, and counsellors working in the voluntary sector. **REVIEWS:** 'A counsellor's pocketbook and a useful companion to students on courses up to counselling skills certificate level.' *Counselling and Psychotherapy Journal* 'I believe this book is a must for every counsellor's library. It illustrates clearly the techniques, process and goals of counselling, and is spiced with interesting and entertaining case studies. Supervisors and teachers will find it useful to guide their students and experienced counsellors will be reminded of the basics in this excellent book.' Dr John Gunzburg, Melbourne, Australia. **AUTHOR BIOG:** Drawing on their numerous years experience as counsellors, tutors, and writers, Jan Sutton and William Stewart introduce readers to the basic principles that underpin counselling practice; provide insight into various counseling approaches; clarify the nature of counseling and the role of the counsellor, and assist readers to develop a repertoire of key counselling skills and qualities, such as active listening, genuineness, unconditional positive regard, empathy, goal-setting, etc. They also address the important issues of ongoing supervision to enhance counselling practice, and counsellor self-care to reduce the risk of burnout. Jan Sutton is also author of *Healing the Hurt Within* and William Stewart is author of *An A-Z of Counselling Theory and Practice*. **CONTENTS:** Illustrations, table, sample forms and letters Foreword Preface 1. Exploring Counselling 2. Exploring Essential Counsellor Qualities 3. Developing Self-Awareness 4. Helping the Client Feel Safe 5. Helping the Client Explore the Problem (Part 1) 6. Helping the Client Explore the Problem (Part 2) 7. Helping the Client Understand the Problem 8. Helping the Client Resolve the Problem 9. Terminating the Counselling Relationship 10. Counsellor Self-Care Appendix 1 Sample Forms and Letters Appendix 2 Suggested Responses to Exercises Appendix 3 Important People in the Development of Counselling Glossary Useful Websites Further Reading Index.

The *Students' Companion* is a worldwide bestseller that no student or teacher should be without.

Trust this bestselling resource to provide you with the clearest introduction to the major approaches in counselling. Written by expert counsellor and bestselling author Margaret Hough, this textbook provides the clearest overview and introduction to the subject. It covers the major approaches to the field, how they interrelate and how you can put them into practice. Suitable for a wide range of qualifications from Foundation courses to Higher Education, it will help you to understand the nature of counselling, the skills you will need to develop and how to overcome the challenges you might face in this rewarding profession. This new edition, now in full colour, provides up-to-date research on topics such as ethics in counselling and the importance of both supervision and person-centred care in residential and hospital settings. - Navigate your way easily with the book's clear language and structure - Translate theory into practice with realistic case studies, exercises and other useful features - Develop your knowledge with extended coverage of cognitive behavioural therapy, Brief therapy and online counselling - Further your understanding with expanded coverage of working with younger clients, counselling for trauma and disaster and psychodynamic theories

This counselling skills book will equip you with the necessary knowledge, skills and qualities to work with people in a range of different roles and settings. It defines counselling skills and introduces key skills including: listening and responding skills, empathy and different models, tools and techniques. Further chapters explore the importance of skills practice and self-awareness; ethics, boundaries and confidentiality; working remotely; working with difference and diversity, and different professional roles. Throughout, case studies show you how these skills can make a difference in practice, while exercises, including a student journal feature, help you reflect on your own attitudes to enhance your reflective practice. This book is an accessible guide to the BACP counselling skills competence framework for trainee counsellors and those using counselling skills as part of another professional role.

Introduction to Counselling Skills

Counselling Skills and Studies

Next Steps in Counselling Practice

A Beginner's Guide to Training in Counselling & Psychotherapy

First Steps in Counselling

Understand your psyche in a clear and comprehensive way, and resolve deep-seated emotional issues... 'Self-Therapy' makes the power of a cutting-edge psychotherapy approach accessible to everyone. Internal Family Systems Therapy (IFS) has been spreading rapidly across the country in the past decade. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr. Earley shows how IFS is a complete method for psychological healing that you can use on your own. 'Self-Therapy' is also helpful for therapists because it presents the IFS model in such detail that it is a manual for the method. The fact that Jay Earley wrote this book is high praise for the IFS model because he was an accomplished writer and thinker long before encountering IFS. Jay's passion has been to introduce IFS to a lay audience so that people can work with their parts on their own. Through well-described experiential exercises and examples of actual IFS sessions, you will be able to enter your inner world, heal your extreme parts, and transform them into valuable resources. -Richard Schwartz, PhD, creator of IFS, from the Foreword

Describes an effective technique for identifying one's personal problems by developing an awareness of one's innermost feelings and thus altering behavior and solving problems on a step-by-step basis. Reissue.

This book explores the nature of helping relationships in general and highlights key considerations for all helpers, including diversity, ethical issues and the role of supervision. It also provides suggestions for further reading and advice on how to develop counselling skills at a more advanced level.

If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

A New Approach to Building Psychological Flexibility Across Settings and Populations

Counselling Skills and Theory 5th Edition

Self-Therapy: A Step-By-Step Guide to Creating Inner Wholeness Using IFS, a New, Cutting-Edge Therapy

An Incomplete Guide to Using Counselling Skills on the Telephone

The ACT Matrix

Integrative Counselling Skills in Action

Wayne Perry has been a therapist for more than thirty years, but he still hears the same thing from beginning counselors and therapists: Yes, I know what the theory says, but what do I do with this particular client? Drawing on his decades of experience training marriage and family therapists, professional counselors, and pastoral counselors, he answers that question in the updated edition of his landmark book: *Basic Counseling Techniques*. He provides practical suggestions for setting up the therapy room, using audiovisual recording equipment, and conducting those first critical interviews. You'll learn how to: apply nine different sets of clinical tools; select the appropriate tool for the appropriate clinical situation; and improve how you carry out the clinical thinking process. Each chapter concludes with a "Living into the Lesson" section that allows you to participate in experiential exercises to master what you've learned. While designed for counselors and therapists in the beginning of their careers, even veterans in the field will find value in this updated edition.

'As a course book or an aide to individual learning this book contains a wealth of information and guidance based on years of study and practice. It is easy to use because it is clearly signposted. I particularly like the way the author addresses the range of issues a student needs to consider before embarking on a counselling course. The structure of building block by block, skill by skill simplifies assessment' - *Counselling and Psychotherapy Journal*

Good counselling skills are the key to effective helping relationships. *Introduction to Counselling Skills, Second Edition* is designed to help readers' acquire and develop these skills, using an easy-to-follow, three-stage model. Drawing on many years experience as a counsellor, trainer and writer, Richard Nelson-Jones describes in detail each stage in the helping process and gives examples to show how the skills work in practice. The examples also demonstrate the variety of contexts in which counselling skills are commonly used, as well as the diversity of issues and problems they can help to address. The book covers: } what counselling skills are } how to conduct sessions } ways to clarify and expand your understanding } how to improve your listening skills } ethical skills. *Introduction to Counselling Skills, Second Edition* is full of practical features designed to aid learning, including activities related to the particular skill being described, learning outcomes, examples, summaries and a glossary of key terms. For this, the Second Edition, the book has been fully up-dated and new material has been added on the diversity of helpers and clients, the use of training groups and supervision. Combining a clear explanation of skills, with a host of practical activities, *Introduction to Counselling*

Skills, Second Edition is the ideal text for introductory courses in counselling skills, counselling and many other professional areas including health care, management, education and social work.

This indispensable practitioner guide and text serves as a comprehensive primer on case formulation within all of the major therapeutic approaches. Prominent experts offer step-by-step guidelines for developing strong formulations and putting them to use in day-to-day practice. The chapters follow a standard format to allow comparison across models. Coverage includes the conceptual and empirical underpinnings of each approach, the relationship of case formulation to therapeutic technique, issues in treating clients from different backgrounds and with different types of presenting problems, and training resources. Illustrative case material and user-friendly examples of completed formulations are featured throughout.

Are your students looking to use counselling skills to enhance their existing helping role? Are they taking the first steps towards becoming a professional counsellor? This practical guide will provide readers with the ideal 'way-in', showing them what helping and counselling is all about. Part 1: Counselling Skills will introduce readers to the underpinning knowledge and practical tools needed to develop a range of helping skills for use in a variety of helping roles, showing what it means to work safely and ethically. Part 2: Counselling Studies will help them take their understanding further by considering in detail important theories and professional issues, preparing them to work as a professional counsellor. Part 3: Counselling Study Skills will offer practical advice and hints and tips to help them make the best start on their counselling portfolio, including journal and essay writing skills, research skills and how to get inspired and overcome blocks to learning. The new edition now includes a more detailed discussion of key theories, has a new chapter on self care, and is fully up to date with the occupational and professional standards and ethical frameworks. Packed full of practical activities and written in a supportive conversational style, this book is essential reading for anyone wanting to learn counselling skills or embarking on their first stage of training to be a counsellor.

First Steps in Cognitive Behaviour Therapy

A Guide to Understanding and Doing Research in Counselling and Health and Social Care

Counselling Skills and Theory 4th Edition

Draw on Your Emotions

For complete beginners in social sciences research, this guides the reader from first principles through to completing a research project.

The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country's context, and the SAs preference. The MNH Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labour; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.