

## First Steps In Counselling

Integrating 12 Steps and Psychotherapy: Helping Clients Find Sobriety and Recovery presents a practical and applied approach to working with substance dependent clients. Designed to be accessible to a wide and multidisciplinary audience of helpers at all skill levels, this text helps future practitioners fully understand the clinical challenges with substance dependence, adjust their thinking and technique in order to match their client's phase of recovery, and optimize client retention and treatment outcomes. Utilizing educator, training, and practice perspectives, authors Kevin A. Osten and Robert Switzer explore relevant theory and techniques in integrating 12-Steps across a broad range of clinical issues including: the assessment and treatment of resistant and ambivalent pre-recovery clients; boundary setting, undoing antisocial adaption; processing courier treatment reactions; and the intersection of biological functioning and ability in early recovery. This thoughtful and thought-provoking book is essential reading not only for those involved in the training of counsellors within the person-centred approach, but also for individuals who may have simplistic, dismissive or otherwise ill-informed notions of the depth of self-awareness required of the person-centred practitioner and the far-reaching challenges offered by the approach. For counsellors who define themselves as "person-centred" but who have had no substantial training, it should be compulsory reading" - British Journal of Guidance & Counselling Person-centred counselling probably requires more training - and a greater intensity of training - than most other mainstream counselling approaches, but until now no one book has concentrated solely on the principles, practices and requirements of training person-centred counsellors. Dave Mearns has drawn on the lived experiences of both trainers and trainees to demonstrate the potential range and importance of training in this field. The material covered includes selecting and supporting trainers, selecting course members, skills development, supervision and other professional issues - essential features of all counsellor training, but of particular relevance to the person-centred approach. Written expressly for both trainees and trainers, this book also extends and develops current thinking within the approach, and will be a valuable resource for all person-centred practitioners.

Core Approaches in Counselling and Psychotherapy is a comprehensive guide to the four main psychological approaches (Humanistic, Psychodynamic, Behavioural and Cognitive) and introduces several of the most common therapies used today. This textbook contains sufficient coverage to explain all of the most important elements of these core approaches and sufficient depth to provide a detailed analysis of the ten main therapies: Person-Centred Theory, Psychoanalytic Theory, Behaviour Therapy, Cognitive Therapy, Transactional Analysis, Rational Emotive Behaviour Therapy, Cognitive-Behaviour Therapy, Multimodal Therapy and Neurolinguistic Programming. The book focuses on the development of each approach and presents the associated theory in its historical and psychological context, giving a deeper insight into the theories and clarifying the overlap between different therapies. Presented in a unique style, with a clear layout, rigorous content and extensive resources available online, Core Approaches in Counselling and Psychotherapy is an invaluable asset for undergraduate and postgraduate students at all levels of study and is the ideal textbook for any degree or higher-level module in counselling.

A Unique and easy to read book for anyone doing their counselling training. It covers all theory and skills learned on introduction and certificate level. It also includes some personal development tools, to support your emotional growth. Also for psychologists and anyone working with public services that wants to enhance their skills in working with people. Linda is a therapist, clinical supervisor, trainer and author, with a unique style of writing that makes the journey through this academic course, both interesting and enlightening.

A Students' Companion for Certificate and Counselling Skills Courses

A Student's Companion for Basic Introductory Courses

Counselling Skills and Studies

A Students' Companion for Introductory Courses

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

Counselling, Class and Politics

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

Basic Counselling Skills is a step-by-step guide for all who use counselling skills as part of their role. Counselling skills are used by professionals and volunteers to help others in a wide range of circumstances and settings - including health care, social work, education and agencies which provide specific advice and support to the public. This book supports the training and practice of such helpers, by providing a straightforward introduction.

Divided into concise learning units, the book describes each skill and gives examples of its use in practice. Activities are also provided for practicing skills as they are introduced.

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

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

An Introduction

Counselling Skills in Action

An A-Z of Counselling Theory and Practice

Person-Centred Counselling Training

Counselling Skills and Theory 4th Edition

Cognitive and Behavioural Approaches

Jay Shetty social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you 'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can ' t find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three, instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk ' s path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his re sume , he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world ' s largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world ' s most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world ' s #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Are you interested in the field of counselling and psychotherapy or just starting out in your training? Trying to get to grips with the many different approaches and decide which are right for you? This book can help! An ideal introductory text that assumes no prior knowledge, leading authors in the field provide overviews of 26 counselling and psychotherapy approaches in accessible, jargon-free terms. Each approach is discussed using the same framework to enable easy comparison and evaluation, covering: -Development of the Therapy - Theory and Basic Concepts - Practice - Which Clients Benefit Most? - Case study Four further chapters offer an insight into the therapeutic relationship, working with diversity, professional issues, and research, while resources such as suggested reading, discussion issues, appendices of further information and a comprehensive glossary help you consolidate your learning. So look no further if you want to know the differences between counselling and psychotherapy, compare psychodynamic and psychoanalytic theories, discover how constructivist approaches can be applied in practice, learn about third wave CBT therapies, or just get an general overview of the field; this second edition of a bestseller gives you a whirlwind tour of the breadth, complexity, fascination and problems of the field of counselling and psychotherapy.

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, three-stage model. Drawing on many years experience as a counselor, 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 counseling 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, and ethical skills.

Now in its fifth edition and with endorsement from the Institute of Counselling, this key text continues to be of major importance to practitioners and students of counselling alike. Using the successful A-Z format, the author gives a detailed overview of both common and less known theories of counselling. Practical examples, further reading suggestions and cross-references ensure that this comprehensive text is accessible and engaging. This well-respected text is the perfect resource for students, Counsellors in practice and as a useful reference tool for healthcare professionals for whom counselling is an intrinsic part of daily practice.

A Helper's Manual

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

Listening Helpfully

a guide for healthcare professionals

Undeclared Influences in Therapy

Introduction to Counselling Skills and Theory

"The authors have done their homework in reading and consulting with the prominent literature, especially regarding journey. All this effort gives the book a solid background foundation and makes it readable, and well-usable, for both lay counsellors and professional providers, and for all of us who are engaged in the delicate and rewarding endeavor of Grief Therapy" - Naji Abi-Hashem, Clinical & Cultural Psychologist, Berkeley, California Praise for the First Edition: "The book provides an absorbing and challenging journey through the possible process involved in bereavement work, and encourages one to think broadly about how one can approach a bereaved person... this was a book I enjoyed reading very much, and which I found both theoretically sound and practically helpful" - Bereavement Care (Cruse) Counselling for Grief and Bereavement, Second Edition is a bestselling, introductory guide for professionals who work with people experiencing bereavement through death and other forms of loss. Focusing on practical assessment and intervention strategies, Geraldine Humphrey and David Zimpher guide readers through the essential theory and skills needed to work with clients in a way which sensitively facilitates the process of grief, initiates healing and promotes a sense of growth. Setting out the broad principles for practice, the authors go on to show how these can be applied in working with individuals, families and groups and in relation to specific issues including chronic and life-threatening illnesses, palliative care and complicated grief. Carefully chosen case examples illustrate the counselling process, while specific attention is paid throughout to ethical considerations and the possible need for referral. This fully revised and updated Second Edition features a new chapter on working with children and adolescents: both from the perspective of young people who are grieving losses and those who are receiving palliative care as patients. While focusing on the practical, the book provides a firm theoretical base by explaining key concepts such as attachment, grief and resilience. Geraldine M. Humphrey is Counsellor in the Department of Psychology at the North Canton Medical Foundation, specializing in death, illnesses, and non-death and grief. David G. Zimpher is former Director of the Cancer Center of Ohio.

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.

Aimed at people wishing to take up counseling as a career, this practical guide teaches the basic skills and qualities required as a professional listener.

This book develops the themes of theory and counselling skills practice using activities and fictional characters in everyday settings. It emphasizes good practice in training and helping. It will be useful for those developing their counselling skills, or wishing to go on to professional training as a counsellor.

Counselling Skills and Theory 5th Edition

How to Develop Your Counselling Skills

Think Like a Monk

Motivational Career Counselling & Coaching

First Steps in Practitioner Research

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.

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

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 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.

BACP counselling skills competence framework for trainee counsellors and those using counselling skills as part of another professional role.

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

Core Approaches in Counselling and Psychotherapy

Eating Disorders in Boys and Men

First Steps in Cognitive Behaviour Therapy

Counselling, Psychotherapy and the Law

Learning to Counsel

Train Your Mind for Peace and Purpose Every Day

*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.*

*Boys and men with eating disorders remain a population that is under-recognized and underserved within both research and clinical contexts. It has been well documented that boys and men with eating disorders often exhibit distinct clinical presentations with regard to core cognitive (e.g., body image) and behavioral (e.g., pathological exercise) symptoms. Such differences, along with the greater likelihood of muscularity-oriented disordered eating among boys and men, emphasize the importance of understanding and recognizing unique factors of clinical relevance within this population. This book reviews the most up-to-date research findings on eating disorders among boys and men, with an emphasis on clinically salient information across multiple domains. Five sections are included, with the first focused on a historical overview and the unique nature and prevalence of specific forms of eating disorder symptoms and body image concerns in boys and men. The second section details population-specific considerations for the diagnosis and assessment of eating disorders, body image concerns, and muscle dysmorphia in boys and men. The third section identifies unique concerns regarding medical complications and care in this population, including medical complications of appearance and performance-enhancing substances. The fourth section reviews current findings and considerations for eating disorder prevention and intervention for boys and men. The fifth section of the book focuses on specific populations (e.g., sexual minorities, gender minorities) and addresses sociocultural factors of particular relevance for eating disorders in boys and men (e.g., racial and ethnic considerations, cross-cultural considerations). The book then concludes with a concise overview of key takeaways and a focused summary of current evidence gaps and unanswered questions, as well as directions for future research. Written by experts in the field, Eating Disorders in Boys and Men is a comprehensive guide to an under-reported topic. It is an excellent resource for primary care physicians, adolescent medicine physicians, pediatricians, psychologists, clinical social workers, and any other professional conducting research with or providing clinical care for boys and men with eating disorders. It is also an excellent resource for students, residents, fellows, and trainees across various disciplines.*

*"This book is an essential read for those new to the role of becoming a clinical supervisor. It is packed with practical ideas and activities to try out in the supervision situation and underpinned by relevant theory. An obvious strength of the book is the way Paul seems to 'talk' to the new supervisor in an engaging and non patronising way. At last there is acknowledgement of the 'emotional labour' of being engaged in supervisory work offering strategies to 'look after oneself' when acting as a clinical supervisor in practice." John Driscoll, Freelance CPD Consultant & Development Coach This practical book is designed as a toolkit for anyone starting out as a clinical supervisor. The book focuses on developing core skills of supervision, as well as your ability to reflect and improve on those skills. Addressing all aspects of supervision, the book gives you practical frameworks needed to start, maintain and evaluate clinical supervision - from how to start a supervision contract to how to run a session. The book offers: Clear information and guidance on what the supervisor needs to know as they prepare to take on the role of clinical supervisor Practical examples and demonstration of key clinical supervision skills Simple explanations of the key frameworks and models for clinical supervision Reflective questions and activities you can use in supervision sessions An example of a method of evaluation when reviewing supervision ways of keeping healthy as a supervisor and staying within the spirit of supervision The book includes tips for developing the supervision relationship, focusing on areas identified as the ones supervisors struggle with the most. First Steps in Clinical Supervision is core reading for qualified nurses and healthcare professionals working in a supervisory role, either formally or informally, or taking CPD courses to supervise staff and colleagues. This book is designed as a practical toolkit to aid those training to do clinical supervision or starting out as clinical supervisors. The focus of the book is on developing skills of supervision and the ability to reflect and improve on those skills. It includes coverage of problem solving and gives the practical frameworks that are needed to start, maintain and evaluate clinical supervision - from how to start a contract to how to run a session. Throughout the book there are tips for developing the supervision relationship, focusing on areas identified by research as the ones supervisors struggle with the most.*

*Counselling for Grief and Bereavement*

Introduction to Counselling Skills

The Beginner's Guide to Counselling & Psychotherapy

Helping Clients Find Sobriety and Recovery

Counselling Skills For Dummies

Develop the Skills, Insight and Knowledge to Counsel Others

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 Section 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.

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

'not only is this the first key text on person-centred counselling psychology, but one of the best introductions to the approach. Gillon combines an in-depth understanding of the person-centred field with a highly accessible writing style to produce a book that will be of enormous value to anyone wanting to practice person-centred therapy. Essential reading for trainee and practising counselling psychologists with an interest in the person-centred approach and highly recommended for counsellors and psychotherapists of all orientations' - Mick Cooper, Professor of Counselling, Counselling Unit, University of Strathclyde Person-Centred Counselling Psychology: An Introduction is an introduction to the philosophy, theory and practice of the person-centred approach. Focusing on the psychological underpinnings of the approach, Ewan Gillon describes the theory of personality on which it is based and the nature of the therapeutic which is characterised by u unconditional positive regard o empathy o congruence. The book shows how the person-centred approach relates to others within counselling psychology and to contemporary practices in mental health generally. It also gives guidance to readers on the approach's research tradition as well as considering key issues for those wishing to train and work as a person-centred practitioner. As such, it is designed to be an applied, accessible text, providing a dialogue between the psychological basis of person-centred therapy and its application within the real world. As well as psychology students, it will be of interest to those from other disciplines, counselling trainees, those within the caring professions, and person-centred therapists from a non-psychological background. Ewan Gillon is Director of The Edinburgh Psychology Centre and Lecturer in Counselling Psychology at Glasgow Caledonian University.

First Steps in CounsellingA Students' Companion for Introductory CoursesP C C S Books

Using Research in Counselling and Psychotherapy

A Students' Companion for Basic Introductory Courses

First Steps in Counselling (5th Edition)

First Steps In Clinical Supervision: A Guide For Healthcare Professionals

The Person-centred Counselling Primer

A Students' Guide to Learning Counselling and Tackling Course Assignments

Couple, group, and family therapy are usually viewed as three completely different disciplines. In fact, they have much in common. Couple, Family and Group Work reveals the similarities and the real differences among these topics. Employing real-life examples of therapy sessions involving more than one patient, it bridges the gap between psychodynamic and group system approaches and shows one-on-one counselors and therapists working with various types of groups.

For students, researchers or practitioners wanting a succinct guide to person-centred theory and practice.

The new edition of this popular and userfriendly book has been thoughtfully revised, updated and expanded. Fresh informationhas 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 onthe 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 train 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 Gunzberg, 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 counselling approaches; clarify the nature of counselling 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 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

This text is a first step into cognitive behaviour therapy that will appeal to the interested reader and professionals wanting to learn about the approach. It introduces you to the history of the approach, describes its behavioural and cognitive principles, and examines key techniques and methods within the context of contemporary practice. Further chapters on Formulation, Working with Imagery, and Future Directions in CBT help you to extend your learning, while reflective activities and case studies throughout the book support you to apply principles and perspectives to practice.

First Steps in Counselling

Person-Centred Counselling Psychology

The Students' Companion

Texts and Activities

Next Steps in Counselling

Basic Counselling Skills

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.

It is sobering to think that this book, ground-breaking in 1996, still stands practically alone in looking at class, politics and counselling. This book has received unequivocally enthusiastic reviews in a wide range of journals. Many counsellor-educators have put it on their 'essential reading' list. Put it on yours now.

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.

In the second edition of this hugely popular book, Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy. It offers in-depth discussion of all aspects of person-centred counselling from its origins to current developments in theory and practice.

Counselling for Maternal and Newborn Health Care

Couple, Family And Group Work: First Steps In Interpersonal Intervention

Next Steps in Counselling Practice

Learning and Being in Person-centred Counselling

Integrating 12-Steps and Psychotherapy

Step in to Study Counselling

*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*

*'Jenkins' book makes the law relevant, understandable and manageable to counsellors and psychotherapists. It makes clear, reassuring and essential reading for therapists in training as well as those in practice. [All counsellors and psychotherapists need to be up to speed 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 fact that 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 legal issues in relation to counselling and psychotherapy in the UK. This text has been fully updated to include coverage of the key developments in the law that have had major impact on therapists' practice with regard to data protection and the management of confidentiality. The book breaks new ground by exploring in detail the relationship of ethics to the law and providing a framework for relating the BACP Ethical Framework to legal decision-making. Key features of this new edition include: " extensive use of case studies. These bring legal examples to life and give a human dimension to powerful ethical dilemmas such as seeking agreement to end medical treatment, or client's gaining access to their own confidential records " key points, which provide quick summaries of complex material and reference guides for professional practice " the multiple points of crossover and intersection of law and therapy. These are identified and explored, ranging from the use of narrative theory, to the provision of pre-trial therapy for abused children, to the role of the therapist as expert witness. This new edition provides clarity and reassurance for practitioners at all levels about the exact nature of their responsibilities, and how these can best be managed, in order to enable them to comply with the law and focus on their therapeutic work with clients. Counselling, Psychotherapy and the Law, Second Edition provides an essential source of reference in a single volume, making a fascinating and complex topic understandable and bringing it to life. This text is a first step into cognitive behaviour therapy that will appeal to the interested reader and professionals wanting to learn about the approach. It introduces you to the history of the approach, describes its behavioural and cognitive principles, and examines key techniques and methods within the context of contemporary practice. Further chapters on Formulation, Working with Imagery, and Future Directions in CBT help you to extend your learning, while reflective activities and case studies throughout the book support you to apply principles and perspectives to practice.*

*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 are your students 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 providing in detail important theories and professional issues, preparing them to work as a professional counsellor. Part 3: Counselling Study Skills will 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.*

*Are you a career counselor or coach in need of a new skills set to help meet the challenges of supporting clients? This book is for you. It is the first to combine the theory & practice of CBT with career counselling, presenting cognitive & behavioural approaches to help clients think & act more effectively in challenging situations in order to obtain their goals. Providing clear, practical strategies & a wealth of materials that can be used with clients in one-to-one or group settings, the book introduces: - theory of cognitive & behavioural psychological approaches within the context of career counselling - motivational techniques to help clients succeed at interview - how to help clients make effective vocational/educational choices & excel in the workplace - professional issues i.e., assessment tools, ethical issues, evaluation - self-management, using CBT techniques on yourself. This is essential reading for trainees studying for a careers guidance qualification, as well as CBT trainees wishing to go on to career counselling. Steve Sheward is a Careers Counsellor & CBT Therapist working in the NHS. He was previously director of the Connexions Service in South London. Rhena Branch is an experienced CBT Therapist & author, teaching the MSc in RECBT at Goldsmith's University.*

A Handbook for Building Skills

Counselling Skills