

Geldard And Geldard Counselling

Readers will be introduced to the three core approaches of counselling, coaching and mentoring, and shown how they work across a variety of settings, including therapy, teaching, social work and nursing. Part 1 takes readers through the theory, approaches and skills needed for helping work, and includes chapters on: The differences and similarities of counselling, coaching and mentoring Foundational and advanced skills for effective helping Supervision and reflective practice Ethical helping and working with diversity Part 2 shows how helping skills look in practice, in a variety of different helping professions. 10 specially-written case studies show you the intricacies of different settings and client groups, including work in schools, hospitals, telephone helplines and probation programs.

In this Third Edition of their bestselling text, Kathryn Geldard and David Geldard provide a practical introduction to the principles and practices required for successful counseling, to show that working with young people can be both challenging and effective. The Third Edition has been completely revised and updated, and includes two new chapters. The book is divided into three main parts, covering: How to understand the young client as a person The pro-active approach of working with young people The counseling skills and strategies needed PERSONAL COUNSELING SKILLS An Integrative Approach. (Rev. 1st Ed.) Charles C Thomas Publisher

School psychology practice does not exist in a vacuum and is not value-neutral. As the role and function of the school psychologist continues to evolve and expand, social justice provides a needed real-world framework for school psychology students, practitioners, supervisors, and

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professors to guide their efforts. Culled from years of experience by experts working in a vast array of applied environments and appropriate both for practitioners and for graduate courses in multicultural school psychology and/or the role and function of school psychologists, this book takes the reader through a tour of common school psychology topics and functions through the lens of social justice. Utilizing case examples and concrete suggestions, a critical yet hopeful vision of ways in which school psychologists can work to achieve positive outcomes for students, families, schools, and society is provided.

At over 700 pages and with more than 100 contributions, this Fourth Edition brings together the essentials of counselling and psychotherapy theory, research, skills and practice. Including new content on assessment, theory, applications and settings, and with new chapter overviews and summaries, this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners.

Written by a renowned expert in the field, this book provides a basic grounding in play therapy intervention.

"Filled with practical and effective approaches, this book is an asset to anyone wanting to develop their skills in working with adolescents." Samantha Best, CAMHS Manager and Clinical Nurse Specialist "This publication is a further invaluable resource to counsellors wanting to work with young people. It offers a 'one stop shop' for any practitioner who wants to understand adolescent development and the need for a counselling approach that parallels this, with helpful strategies for enhancing the counselling conversation and the relationship between counsellor and the young person." Barbara Rayment, Director of Youth Access, London "Providing an excellent introduction to counselling young people that is theoretically

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sound and rich in delivering practical techniques, this book is an important addition to the personal library of counselling students and counsellors" Associate Professor Sylvia Rodger, University of Queensland, St Lucia, Queensland, Australia In this third edition of their bestselling text, Kathryn and David Geldard provide a practical introduction to the principles and practices required for successful counselling, to show that working with young people can be both challenging and effective. The book is divided into three main parts, covering: - how to understand the young client as a person - the pro-active approach of working with young people - the counselling skills and strategies needed. This Third Edition has been completely revised and updated, and includes two new chapters. The first, Maintaining a Collaborative Relationship, identifies ways to engage a young person collaboratively throughout a proactive counselling process. The other, Professional and Ethical Issues, deals with these issues as they relate to working with young people. Additional practical case studies and examples show how counsellors can work pro-actively with this age group. The book will be of particular interest as a textbook and resource to all professionals who work with emotionally disturbed young people, and will provide an excellent resource for trainees in courses on counselling, social work, psychology, occupational therapy, mental health and psychiatry, nursing, and education.

This revised first edition is a comprehensive, easy-to-read introduction to personal counseling written for professional and volunteer counselors and those who train them. A major new addition to the book, making it particularly attractive to those who train counselors, is the inclusion of training group exercises for all skills chapters. After reading a particular chapter, the exercises relating to that chapter, in part VI of the book, can be used by trainers to greatly

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enhance the learning process. These exercises have been found to be popular with both students and those teaching them. The chapters describing basic and more advanced counseling skills are arranged in a sequence that is particularly suitable when teaching student counselors to learn and practice using these skills for the first time. The authors adopt an integrative approach that allows the reader to learn, understand, and use skills taken from major counseling approaches, and to integrate these into a sequential process that maximizes the possibility of facilitating change in clients. Of considerable value for new counselors are those sections of the book that describe the fundamental principles of the counseling relationship, and explain the theories of change applicable to the various approaches to counseling. Unique features include: a highly practical integrative approach; discussion of the specific skills required for success; practical suggestions on ways to learn and develop new skills; an understanding of the role of a counselor's supervisor; information on practical issues such as keeping records, arrangement of the counseling room, and ways to look after yourself as a counselor; plus practical information on issues of confidentiality and professional ethics. The text will serve as a valuable resource for workers in a wide variety of helping professions where counseling skills are useful, such as psychology, social work, welfare work, medicine, nursing, human services, and education.

Brief Counselling in Schools, third edition, is a highly practical and accessible guide to helping and supporting young people experiencing difficulties both at home and at school or college. Covering issues from low self-esteem and sexuality, to substance misuse and aggression, the author draws on a method of brief integrative counselling to illustrate how a time-limited therapy can work effectively in an often pressured and time-limited setting. This fully revised

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and updated edition: " includes a whole new chapter on self-harm " discusses the latest research findings " outlines up-to-date Safeguarding legislation and Child Protection protocols " explores a teamwork approach to counselling " examines the contribution of neuroscience to adolescent brain development " considers the harmful effects of cyber bullying " is in an accessible format with reflective exercises on ethical issues. Steeped in vivid case examples, therapeutic dialogue and points for reflection, this invaluable book will help develop the theoretical knowledge, understanding and skills base of any youth counsellor, teacher or social worker based in a school or college setting.

This is a comprehensive course text for training new counsellors in basic and more advanced counselling micro-skills which come from a number of therapeutic approaches. The book enables new trainees to learn how to make informed choices about the type of skill to use and how to integrate it within a sequential counselling process. It discusses practical issues including ethics and culture, record-keeping, supervision, and the counselling environment, and offers explanation of the therapeutic approaches related to particular micro-skills and the ways to best combine them to facilitate change and provide effective practice. This accessible introduction to counselling skills is essential reading for teachers and trainees alike, an excellent course text for training new counsellors from a number of theoretical approaches. This Third Edition of a seminal text reflects new developments with counseling psychology. It covers areas such as neuroscience, narrative approaches and post-modernist thinking. The six sections include tradition, challenge and change in counseling psychology, difference and discrimination, and professional and ethical issues. Special attention has been paid to the research evidence, current issues and debates, theoretical and philosophical underpinnings,

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political and resource issues, and illustrative case material.

Every therapist knows that adolescents are difficult and challenging clients.

With its effective outcomes, relative speed and reduced costs, the group format is becoming increasingly popular for work with children in counselling and educational settings. Drawing from their extensive experience of running childrens groups and training group leaders, Kathryn and David Geldard describe the entire process of running groups from the initial planning to post-group evaluation. Topics covered include the benefits and disadvantages of running groups and the types of group available, as well as the planning, designing, implementation and evaluation of group programmes. Filled with lots of ideas, activities, games and work-sheets for use in group programmes, as well as examples of complete programmes for particular problems such as domestic violence and low self-esteem, this highly accessible and practical book will be an invaluable resource for anyone wishing to run groups for children. "The book's rich, relevant and comprehensive contributions from experienced writers make it a substantial resource for teaching, reference and research." Mark Prever, trainer, writer and supervisor "The needs and problems of young people are currently extremely topical and justify a dedicated textbook. The wide range of internationally renowned authors contributes to the strengths and diversity of this publication, enhancing its potential as a resource for students and professionals." Jenny Pinfield, University of Worcester This book responds to the urgent need for practical intervention approaches targeting young people at risk. It provides a much needed practical resource for practitioners and students from a variety of helping professions. Focussing on interventions that practitioners can use in collaboration with the young person, the book offers hands-on strategies for addressing challenges and issues typically face by

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young people, such as: - Depression, suicide and self-harm - Substance Misuse - Problematic Sexual Behaviour - Marginalised Youth - Mental Health Issues. Throughout the book, multi-disciplinary and international authors share their expertise, highlighting relevant evidence-based interventions and considering themes such as anti-oppressive practice, culture, values and ethics. It will prove invaluable reading for students and practitioners working with young people, especially in the fields of youth work, social work, psychology, counselling, and education.

Most of us find ourselves listening to other people's problems at some time or another - either our friends' or, in the course of our work, patients, pupils, clients, colleagues. This book, written clearly in user friendly language, takes the reader step by step through a range of skills to help them become a better listener, communicator and helper in their everyday lives, progressing from inviting the person to talk to ending a helping conversation. Using plenty of examples, tips, exercises and sample conversations, the authors show how the skills described can be easily learned and can fit comfortably into everyday life. This book is essential reading for everyone interested in improving their communication and helping skills as well as those students taking introductory courses in counselling and counselling skills. KATHERYN GELDARD is a Child and Family Therapist and a visiting lecturer at the Queensland University of Technology, Australia. DAVID GELDARD is a Counselling Psychologist. Together they are the authors of several books on counselling. They jointly manage a counselling practice where they specialise in working with children, adolescents, and their families. They also run training programmes for helping professionals who wish to enhance their counselling skills.

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BASIC PERSONAL COUNSELLING is an easy-to-read introduction to counselling skills for both professional and volunteer counsellors and workers in the helping professions. Fully up-to-date, and reflecting current best practice, this Australian text: introduces counselling skills in a logical sequence and provides practical examples of the skills in action, shows how combining counselling skills using an integrative approach can produce change, discusses the processes of change involved in counseling, provides approaches for counselling people with specific problems such as anger, depression, grief, or suicidal ideation and discusses professional issues including: confidentiality: ethics: record-keeping: arrangement of a counselling room: the need to care for yourself and the importance and use of supervision

Counseling Children is a highly acclaimed, introductory guide to counseling children and to the practical issues of communicating with children in a counselling context. In this Second Edition, Kathryn Geldard and David Geldard relate the theory and practice of counseling children in a highly accessible, practical, and jargon-free style.

Account of a deeply disturbed five-year-old's attempt to find his identity and of his emergence from psychotherapy as a whole human being

Now in its fifth edition, this definitive guide to counselling adolescents has introduced thousands of trainees and practitioners to the theory, principles, skills and techniques of proactively counselling this client group. With over 4 hours of online resources, this

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multi-disciplinary book uses case studies and examples to demonstrate how a diversity of needs requires a diversity of approaches and skills through a variety of settings. It is essential reading for trainees and practitioners in counselling, social work, the allied health professions and education. What's new to this edition? Coverage of models of mental health/illness More on attachment theories Further explanation and a new preface focused on the proactive approach A new chapter on mindfulness More online resources added to companion website including additional videos and links to key ethical guidelines The Online Resources For students: This edition comes with over 4 hours of video content that demonstrates the key concepts in action to help you extend your learning. For lecturers: Accompanying the book are downloadable PDFs of a 12 session adolescent peer counselling training programme developed by the authors. This book is an empirical study of naturally occurring interaction between child counselling professionals and young children experiencing parental separation or divorce. Based on tape recordings of the work of a London child counselling practice, it offers the reader a unique and sustained look inside the child counselling consultation room at the talk that occurs there. The book uses conversation analysis against a backdrop of sociological work in childhood and family studies to situate the discourse of child counselling at an interface between the increasing incitement to communicate in modern society, the growing recognition of children's social competence and agency, and the enablements and constraints of institutional forms of discourse participation.

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Chapters include overviews of recent developments in the sociology of childhood and the sociolinguistics of children's talk; conversation analysis and institutional discourse; and detailed empirical studies of the linguistic techniques by which counsellors draw out children's concerns about family trauma and the means by which children, through talking and avoiding talking, either cooperate in or resist their therapeutic subjectification. This book will be of interest to readers in counselling psychology and practitioners of child counselling; to researchers and advanced students in social psychology, sociology and sociolinguistics; and to others interested in childhood and family studies, interactionism, qualitative methodology and conversation analysis. 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

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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 "If you need one book that's crammed with clinically excellent, genuinely well informed and useful ideas for working with family relationships in all their permutations, this is undoubtedly it" - Professor Colin Feltham, Sheffield Hallam University "This is easy to read and has a clear layout. Counselling MSc students may find it an interesting introduction to the topic" - Times Higher Education Magazine, May 2009 This book is a practical skills-based introduction to relationship counselling. It covers couple counselling for parents, whole-family counselling and counselling for children and young people with regard to their relationships with siblings, peers and parents. The text also includes: o an introduction to relationship counselling theory and concepts o discussion of the importance of relying on a clearly defined theory of change o ways to address parenting issues o an exploration of confidentiality, disclosing inappropriate behaviour and personal safety. Kathryn Geldard and David Geldard present an integrative model of relationship counselling which combines skills and strategies from a number of approaches. Their practical guide integrates individual and subgroup counselling with whole-family counselling, providing much-needed material on methods and approaches for communicating with children and young people. The book will be

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invaluable to new relationship counsellors learning the skills required in order to bring about change, and will be a useful reference book for experienced counsellors. Ethics and Law for School Psychologists is the single best source of authoritative information on the ethical and legal issues school psychologists face every day. Designed specifically to meet the unique needs of psychologists in school settings, this book includes the most up-to-date standards and requirements while providing an introduction to ethical codes, ethical decision making, and the legal underpinnings that protect the rights of students and their parents. This new seventh edition has been extensively updated with the latest research and changes to the law, with an increased focus on ethical-legal considerations associated with the use of digital technologies. Coverage includes new case law on privacy rights, electronic record keeping, the 2014 Standards for Educational and Psychological Testing, digital assessment platforms, the latest interpretations of the Individuals with Disabilities Education Act, and more. Ethics texts for counseling and psychology are plentiful, and often excellent—but this book is the only reference that speaks directly to the concerns and issues specific to psychologists in school settings. Case vignettes, end-of-chapter questions, and discussion topics facilitate deeper insight and learning, while updated instructor's resources bring this key reference right into the classroom. Keeping up with the latest research and legal issues is a familiar part of a psychologist's duties, but a practice centered on children in an educational setting makes it both critical and more complex.

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Ethics and Law for School Psychologists provides a central resource for staying up to date and delivering ethically and legally sound services within a school setting. This book is an empirical study of naturally occurring interaction between child counselling professionals and young children experiencing parental separation or divorce. Based on tape recordings of the work of a London child counselling practice, it offers the reader a unique and sustained look inside the child counselling consultation room at the talk that occurs there. The book uses conversation analysis against a backdrop of sociological work in childhood and family studies to situate the discourse of child counselling at an interface between the increasing incitement to communicate in modern society, the growing recognition of children's social competence and agency, and the enablements and constraints of institutional forms of discourse participation. Chapters include overviews of recent developments in the sociology of childhood and the sociolinguistics of children's talk; conversation analysis and institutional discourse; and detailed empirical studies of the linguistic techniques by which counsellors draw out children's concerns about family trauma and the means by which children, through talking and avoiding talking, either cooperate in or resist their therapeutic subjectification. This book will be of interest to readers in counselling psychology and practitioners of child counselling; to researchers and advanced students in social psychology, sociology and sociolinguistics; and to others interested in childhood and family studies, interactionism, qualitative methodology and conversation analysis.

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Most traditional couple therapy models are based on the Eurocentric, middle-class value system and are not effective for today's psychotherapists working in multicultural settings. Multicultural Couple Therapy is the first "hands-on" guide for integrating couple therapy with culture, race, ethnic identity, socioeconomic status, religious beliefs, sexual orientation, and immigration experiences. The editors and a culturally diverse group of contributors follow a common outline of topics across chapters, related to theory, research, practice, and training. They report on the application of major evidence-based models of couple therapy and demonstrate the integral role played by contextually based values involved in relationships, conflict, and resolution. Key Features Presents a multiperspective approach that focuses on specific cultural issues in couple therapy Creates a cultural context for couples to help readers better understand key issues that affect relationships Features a series of compelling "Case Examples" from the authors' personal therapeutic experience in treatment with couples from diverse backgrounds Includes "Additional Resource" sections, including suggested readings, films, and Web sites, as well as experiential exercises and topics for reflection Intended Audience This groundbreaking book provides an in-depth resource for clinicians, supervisors, educators, and students enrolled in courses in couple therapy, marriage and family therapy, and multicultural counseling who are interested in how diverse clients define conflicts and what they consider to be functional solutions. The discipline of school psychology has been shaped over the course of its existence

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by a series of professional and scientific controversies, and by how researchers and practitioners have responded to those controversies. Should there be an entry-level degree requirement for school psychologists? What should a school psychologist's role be with regard to student mental health? Should school psychologists work outside of school settings? Designed for students entering school psychology training programs, *Introduction to School Psychology: Controversies and Current Practice* examines the debates that have influenced the nature and scope of the profession, and that continue to do so today. This edited textbook is divided into five sections, the first of which describes current practices. The second offers coverage of ethics and relevant legal concerns for school psychologists; cultural competence; and consultation. The third section provides readers with the theoretical foundations of practice and includes a brief chapter on theoretical orientations. The fourth and largest section of the book examines the controversies that shape practice, presenting chapters on idiographic and nomothetic approaches; diagnostic frameworks; assessment and treatment of behavioral disorders; and much more. The final section of the book focuses on contexts and the future of the profession, with chapters on practice in urban and rural communities, technology, and the Futures Conferences.

Basic Personal Counselling is an easy to read introduction to counselling that reflects current best practice. It teaches core interviewing skills and provides a framework of practical examples and training group exercises to enable students to progressively

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build a skill repertoire. The book is designed to prepare students for field placement and therefore has a strong vocational focus. • Introduces counselling skills in a logical sequence and provides practical examples of the skills in action • Discusses the process of change involved in counselling • Provides approaches for counselling people with specific problems such as anger, depression, grief, suicidal ideation • Discusses professional issues including: confidentiality, ethics, record keeping

Counselling and Supporting Children and Young People is the ideal introduction to counselling and supporting children and young people. Taking a person-centered approach, Mark Prever offers readers a clear understanding of the theory and practice of working with children and young people in difficulty – whether in a therapeutic, school or social work setting. This practical text: specifically addresses both the counsellor and the ‘helper’, who may be unfamiliar with counselling jargon contains exercises, points for further thought and discussion, and boxed notes throughout, highlighting exactly how the theory applies to the child or young person discusses ethics, the current political agenda and evidence-based practice This book is a must-read for trainees and professionals working with children and young people in the fields of counselling and psychotherapy, education, mental health, nursing, youth work and social work.

COUNSELING CHILDREN covers the most practical and up-to-date methods for developing effective approaches to counseling children. Donna Henderson and Charles Thompson's text is unparalleled in its translation of theory into practice. This easy-to-

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read guide includes useful strategies and case studies to provide students with a realistic look at the counseling field. To further prepare readers for their professional work, the ninth edition includes 2014 ACA ethical standards, best practice guidelines for typical and atypical children's problems, and fresh ideas that facilitate understanding of the world of the child. Expanded coverage of children who have special concerns and of family interventions provides readers with effective ways to deliver interventions across multiple settings. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This is the definitive guide to counselling adolescents. Now in its fourth edition, this bestseller has introduced thousands of trainees and practitioners to the theory, principals, skills and techniques of proactively counselling this client group. New to the fourth edition: - A new chapter on the contemporary context of adolescence, exploring the challenges, opportunities and influences facing young people today. - A new chapter on the use of technology when counselling young people - Useful links to relevant online resources at the end of each chapter - Updates to all chapters reflecting more recent understanding, research and literature - Additional case studies to help trainees apply theory and strategies to practice A multi-disciplinary book which recognises that a diversity of needs requires a diversity of approaches and skills, it uses case studies and examples to demonstrate this in a variety of settings. It is essential reading for trainees and practitioners in counselling, social work, the allied health

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professions and education.

The definitive guide to the skills and techniques used when working with children experiencing emotional problems, this book covers all you need to know about: The goals for counselling children and the child-counsellor relationship Practice frameworks for working effectively with children Play therapy and the use of different media and activities Building self-esteem and social skills through the use of worksheets. This fifth edition has been updated to include: A new chapter on technology; its influence on children and ways that technology can be used during counselling New content on issues of diversity and difference in counselling children The different contexts in which counselling children occur Discussion of concepts of wellbeing and resilience Updated references and research. The book is supported by a new companion website that provides training materials and handouts on a range of skills for counselling children including: helping the child to tell their story sand tray work, the use of miniature animals, the use of clay, and helping the child to change thoughts and behaviour. This highly practical guide is vital reading for counsellors, psychologists, social workers, occupational therapists, nurses and teachers working or training to work with children. "For anyone in a caring, facilitative or managing role, Counselling Skills provides a uniquely comprehensive, accessible and practical guide to interpersonal helping. It introduces a way of working that is both focused and personalised: tailored to an individual client's specific goals and preferences. The book will be invaluable to anyone who wants to help others deal with

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their problems." Mick Cooper, University of Strathclyde, UK "Not everyone possesses the skills required to ensure that professional communication is compassionate and supportive, but the skills can be learned and this book on Counselling Skills provides just the resource needed. Its authors have the experience as practitioners and teachers to imbue the text with wisdom derived from life, academia and counselling. The book is carefully crafted and beautifully written; it includes exercises and examples that enhance learning; it is comprehensive and completely relevant for anyone who seeks to use counselling skills competently in their work." Professor Sue Wheeler, University of Leicester, UK "The book offers a sound and accessible introduction for anyone considering formal counselling skills training ... As a bereavement counsellor I will gladly keep a place for this book on my bookshelf, as it offers a useful refresher in basic skills. I would certainly recommend it to colleagues within pastoral caring roles and other caring professions." Sally Smith, Counselling Psychology student at The University of Wolverhampton, UK This bestselling book is designed to help counselling trainees acquire and develop the skills and techniques needed to have therapeutic impact with their clients. It also provides those in the helping professions with an easy-to-follow model of 'embedded counselling' that provides tools and strategies for offering counselling relationships within a diversity of work settings. The new edition is thoroughly revised and features nine new chapters, addressing such topics as: an A-Z of practical counselling skills, dealing with difficult relationships, issues caused by cultural diversity or life transitions, and issues in loss and bereavement. The book also covers: Key counselling skills such as caring, listening, questioning and reframing, reflection, attunement to a client, challenging and giving advice Building a counselling relationship Developing understanding of clients' issues Resolving

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difficult feelings and emotions Ethical principles of counselling practice Working together to change behaviour Counselling Skills, 2nd edition is packed with exercises and information on recent studies, to help readers relate theory to their own practice. Written in an accessible, engaging style, with numerous case examples, this book is suitable for students taking courses or modules in counselling skills, counsellors in training, and any professionals who may provide counselling support within their roles, including teachers, doctors, community workers, social workers and nurses.

This introduction to personal counselling is a comprehensive, easy to read volume for professional and volunteer counsellors and those who train them. This book is an excellent complement to practical training courses in counselling, social work, psychology, welfare or nursing - in fact it is invaluable for any community worker wishing to develop practical interpersonal skills.

?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

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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. The book does provide an excellent resource offering a holistic and flexible approach and a variety of techniques. These provide a useful toolkit of practitioners working closely with young people. However its core readership is counsellors with young people. Though there are now many different kinds of counselling leading to qualification (and careful selection is necessary), there are few that are particularly oriented towards counselling young people. Counselling Adolescents goes a good way towards filling that gap. It will be an effective support to the professional counselor working with young people. In fact many wonder how they functioned without it!?

- Youth & Policy This book is a useful text for professionals with knowledge of counselling skills, and the ideas are well presented. The book gave me the opportunity to question my counselling skills, especially with regard to adolescents, and in so doing identify areas for progression and further training?

- Emotional & Behavioural Difficulties Counselling Adolescents, Second Edition includes two new important chapters. The first discusses how counsellors can make use of adolescent communication processes. Counsellors who understand these processes are better equipped to connect with young clients. The second new chapter explores the way in which the psychotherapeutic process can promote change in adolescents. The authors suggest that to be an effective counsellor of young people, these processes need to be fully understood. The book closes with practical case studies to show

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how counsellors can work pro-actively with adolescents. This book will be invaluable to those working with emotionally distressed adolescents, and will provide an excellent resource for students and professionals working in a range of helping professions. When it comes to working with adolescents in a therapeutic setting, counsellors are divided. Some work exclusively with adolescents in a successful and fulfilling way, however, others find it difficult to work with them. In this new edition of *Counselling Adolescents*, Kathryn and David Geldard provide a practical introduction to the principles and practices required for successful counselling, to show that working with adolescents can be both challenging and effective. The book is divided into three main parts, covering:

- how to understand the adolescent as a person
- the pro-active approach of working with adolescents
- the counselling skills and strategies needed.

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