

Understanding The Counselling Relationship Professional Skills For Counsellors Series

Transcultural Counselling in Action Patricia d'Ardenne 1999-08-05 `This is a useful introductory book, which is particularly suitable for those in training. It is well structured and easy to read and includes excerpts from therapeutic exchanges to illustrate the points made' - The Journal of Critical Psychology, Counselling and Psychotherapy `A useful resource for counsellors wishing to improve their efforts at transcultural counselling' - New Therapist The Second Edition of this clear and practical guide is designed to help counsellors and professional helpers give effective, sensitive and appropriate support to clients from cultures other than their own. Patricia d'Ardenne and Aruna Mahtani illustrate the process of transcultural counselling using the contrasting case studies of four different clients, and highlight the impact of cultural issues at individual, community and global levels. Counsellors are encouraged to recognize the importance of life experiences for their work, and to think about ways of using their own skills and resources more flexibly in response to different cultural needs.

Time-Limited Counselling Colin Feltham 1997 `Excellent... [the book] explores the "provision of effective counselling with limited resources and under strict time pressures"... with some excellent writing on the nature of time and attitudes to time in counselling and psychotherapy... the evidence in favour [of short-term counselling] is put strongly. Colin Feltham favours it as an approach of choice for certain clients, which should coexist with (rather than adversarially seek to oust and replace) longer-term therapy... he draws from a wide range of literature, while identifying those key ingredients, skills and strategies that he has found especially significant. He also discusses some of the different contexts in which this work operates... Many of the questions and issues he poses

EBOOK: Counselling Skills: A Practical Guide for Counsellors and Helping Professionals John McLeod 2011-04-04 "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 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 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.

Critical Thinking in Counselling and Psychotherapy Colin Feltham 2010-06-22 This innovative new textbook examines the critical debates around key topics in counselling and psychotherapy. In nine sections including Everyday Counselling Practice, Training and Curriculum Issues, and Counselling, Society and Culture, Colin Feltham explores 60 provocative questions central to counselling training and practice. Ranging from more mainstream subjects like unconditional positive regard, ethics and supervision to broader social or philosophical issues such as employment concerns and the debate on assisted suicide, entries include: - Why have we focused on core theoretical models? - What are the pros and cons of short-term, time-limited counselling? - What's wrong with CBT? - Where is research taking us? - Is statutory regulation a good and inevitable development? - Are there limits to personal change in counselling? Each section includes questions for reflection, case studies and student exercises. This comprehensive, student-friendly text is a useful resource for lecturers to stimulate seminar discussion, and for all trainees wishing to write essays or generally develop their critical thinking in counselling and psychotherapy.

Developing Counsellor Supervision Colin Feltham 1994-04-13 Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com `It is a fairly well established cliché that while supervision is recognised as a crucial component of good practice in psychotherapy and counselling, there is correspondingly little written about it... [this book is] a good step in redressing the balance... It is a practical, didactic and generic view of how to do supervision... giving a fairly comprehensive account of 30 of the formal skills that all supervisors probably use whether consciously or not... The book discusses each of the skills, giving examples as well as practical suggestions as to how to approach difficult issues... directed principally at counsellors, it is a book to dip into when faced with a panic about a specific issue' - Therapeutic Communities Supervision is a professional and ethical necessity for all counsellors, providing them with consultative and supportive aid while protecting clients from potential abuse - yet relatively little has been written on the subject. This volume aims to redress that balance. Encouraging, yet sensitive to the difficult issues that frequently arise in supervision, the book contains practical suggestions, plus useful appendices, to help practising and trainee supervisors develop and enhance the skills they need to be successful in their work. The authors cover such key areas as creating a supervisory alliance, fostering the supervisory relationship, the use of tape-recording, highlighting supervisees' strengths and weaknesses, and protecting the client and counsellor.

Counselling Skills for Health Professionals Philip Burnard 2013-11-11 This is the second edition of a book that I hope continues to be of practical value. For counselling must always be that: practical. No amount of talking, on its own, can really make a difference if people do not end up doing something as a result of counselling. The practical thread remains an important one throughout this edition. *Counselling Skills for Health Professionals* is not just a 'how to do it' book: people are probably too complicated for that approach to be of much use. Counselling is never simply a matter of learning a range of skills which you then apply in a range of settings. In the end, counselling is about facing the person in front of you, listening to them carefully and then supporting them as they work through their problems. For many problems, there are no easy answers and counselling doesn't offer any 'quick fixes'. It is essentially a supportive process. There are many things it cannot do. It cannot change certain social and political situations. It cannot cure diseases. On the other hand, what it can do is offer people more hope. Often, just the fact that there is someone who is prepared to hear your story and to listen to you is all that is needed. I remain convinced that the key issue in all types of counselling is the ability to listen.

Therapeutic Communication Herschel Knapp 2014-03-11 The Second Edition of Herschel Knapp's *Therapeutic Communication: Developing Professional Skills* provides beginners and seasoned professionals with the skills to navigate the facts and feelings endemic to professional therapeutic communication. With a comprehensive perspective, Dr. Knapp clearly and effectively explains differences between casual and therapeutic relationships, focusing on key elements such as the therapeutic process, social and emotional factors, and professionalism. Organized

into discrete sections to highlight individual skills, each chapter follows a unified format, encouraging readers to apply their knowledge frequently. "Students often struggle with core concepts related to therapy. This book takes those struggles and clears up any doubts about the basics and guides them toward becoming experts in their field." —Daniel Velazquez, Cety's Universidad "Whether you're a therapist or a high school counselor, the skills outlined and described in [this book] are paramount to the success of any helping relationship." —Lisa Clark Keith, Fresno Pacific University "I was inspired by Dr. Knapp's ability to capture the emotions, techniques, and skills necessary to have a successful helping relationship in an easy to follow manner . . . the text takes the reader from the beginning to the end of a counseling relationship seamlessly . . . Students will find the straightforward nature of the book a staple of their professional library. This is the type of text you keep close at hand throughout your professional career." —Shawn P. Parmanand, Walden University

Skills in Counselling and Psychotherapy with Children and Young People Lorraine Sherman 2014-11-10 As interest and training in counselling children and young people continues to grow, it is essential that counsellors are equipped with the skills to work with this client group. In this book, Lorraine Sherman draws on her years of experience in the field to provide a practical resource for qualified and trainee counsellors, providing them with the necessary skills to ensure best practice with children and young people. Distinguishing between working with young children and with adolescents, skills covered include: - establishing a therapeutic relationship - assessing a young client - contracting - counselling practice - understanding and maintaining confidentiality and disclosure Using case studies and examples to help demonstrate skills in action, this is essential reading for anyone planning to become or already engaged in the helping professions with young people.

The Therapeutic Use of Self in Counselling and Psychotherapy Linda Finlay 2021-10-13 This book examines the 'therapeutic use of self', and the intertwining of the therapist's professional self and their personal self. Combining practical illustrations and case studies with theory and research, the book explores a number of questions, such as: · What are our personal values and attitudes and how do these manifest in our work with clients? · How do we interact with and impact others, and in what ways might this help or hinder our therapeutic work? · What might we represent to the client as a result of our particular social background, and how might this impact on the power dynamics within client relationships? Learning features include Practical Applications, Research boxes, Case Examples, Critical Reflections, Discussion Questions and Further Reading. This is a must-read for any students studying professional practice, counselling process, ethics, skills, working online/remotely, the therapeutic relationship, and more.

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham 2012-03-05 Brings together comprehensively the fundamentals of counselling and psychotherapy for both trainees and experienced practitioners seeking expansion of their knowledge base. Focuses on the British society and multicultural profile for counseling and psychotherapy. This book tries to draw together as much consensual information, practice wisdom, mainstream theory, and pertinently challenging material as possible.

The Therapeutic Relationship in Counselling and Psychotherapy Rosanne Knox 2014-02-28 Unravelling the issues surrounding the therapeutic relationship, this book highlights the importance of the relationship itself, of the client as a proactive agent in the process, and of the need for partnership and collaboration for effective therapy to take place. It will provide trainees and newly qualified therapists with the knowledge and skills they need to practice on a level of deep understanding and confidence.

An Introduction to the Therapeutic Relationship in Counselling and Psychotherapy Stephen Paul 2014-10-16 The therapeutic relationship is considered to be the most significant factor in achieving positive therapeutic change. As such, it is essential that trainee and practising therapists are able to facilitate a strong working alliance with each of their clients. This book will help them do just that, by offering a practical and evidence-based guide to all aspects of the therapeutic relationship in counselling and psychotherapy. Cross-modal in its approach, this book examines the issues impacting on the therapeutic relationship true to all models of practice. Content covered includes: - The history of the therapeutic relationship - The place of the therapeutic relationship in a range of therapy settings, including IAPT - Concepts and practical skills essential for establishing and maintaining a successful working alliance - The application of the therapeutic relationship to a variety of professional roles in health and social care - Practice issues including potential challenges to the therapeutic relationship, working with diversity and personal and professional development - Research and new developments Using examples, points for reflection and chapter aims and summaries to help consolidate learning, the authors break down the complex and often daunting topic of the therapeutic relationship, making this essential reading for trainee and practising therapists, as well as those working in a wider range of health, social care and helping relationships.

Training the Counsellor Mary Connor 2006-04-14 In *Training the Counsellor*, Mary Connor shares a decade of training experience to provide an invaluable resource for other counsellor trainers. The role of the trainer as facilitator, educator and assessor as well as key professional and ethical issues are all brought vividly to life through many case examples. The focal point of the book is the integrative, four-stage model for training competent and reflective counsellors, with the relationship between trainee and client at the core of the model. The four stages are: the development of attitudes and values; knowledge and skills; client work and supervision; reflection and evaluation. Building on this model and drawing on her own wealth of experience, the author explores the interface between being professional and being human. *Training the Counsellor*, offers stimulating reading and tested guidelines for good practice for all those involved in training other helping professionals.

The Management of Counselling and Psychotherapy Agencies Colin Lago 1998-10-13 The authors of this book provide clear guidelines on the many aspects of knowledge, skill and management expertise increasingly required by all counselling services. Due consideration and detailed advice is given on a broad range of essential issues, from setting up a counselling service to customer relations and quality control. Topics examined include: implications of funding; budgeting; staffing; location and furnishing of premises; daily working routines; how to ensure a competent, professional, safe and ethical working practice; and the sheer complexities of being a manager of therapists.

Understanding the Counselling Relationship Colin Feltham 1999-07-09 `This book presents contrasting views of the relationship between the counsellor, or therapist, and the client, as held by practitioners from diverse theoretical orientations. Each chapter clarifies and considers the elements of the counselling relationship which have the most bearing on therapeutic practice and the strengths of each are highlighted in terms of understanding, theory and skills' - *New Therapist* It is now widely accepted that the therapeutic relationship - referred to here as the counselling relationship - may be the most significant element in effective practice. *Understanding the Counselling Relationship* presents contrasting views of the relationship between the counsellor or therapist and the client, as held by practitioners from diverse theoretical orientations. Each chapter clarifies and considers the elements of the counselling relationship which have most bearing on therapeutic practice. The strengths of each position are highlighted in terms of understanding, theory and skills. The relevance of certain psychological, sociological and research-based issues for practitioners from a variety of theoretical backgrounds are also considered.

The Therapeutic Relationship in Cognitive Behavioural Therapy Stirling Moorey 2018-10-29 The therapeutic relationship in CBT is often reduced to a cursory description of establishing warmth, genuineness and empathy in order to foster a collaborative relationship. This does not reflect the different approaches needed to establish a therapeutic partnership for the wide range of disorders and settings in which CBT is applied. This book takes a client group and disorder approach with chapters split into four sections: General issues in the therapeutic relationship in CBT Therapeutic relationship issues in specific disorders Working with specific client groups Interpersonal considerations in particular delivery situations Each chapter outlines key challenges therapists face in a specific context, how to predict and prevent ruptures in the therapeutic alliance and how to work with these ruptures when they occur. With clinical vignettes, dialogue examples and 'tips for therapists' this book is key reading for CBT therapists at all levels.

Taking Supervision Forward Barbara Lawton 2000-02-28 `This is a thought-provoking collection of contributions, some critically examining aspects of supervision that have previously been well established and some identifying controversies in working practice' - *Counselling* This thought-provoking book evaluates supervisory structures and practices in the light of recent research and experiences. It provides counsellors and psychotherapists with a considered examination of the supervision process and draws attention to those aspects of supervision that may benefit from

critical analysis and reform. The first part of the book explores some inherent difficulties that may impinge upon the effectiveness of supervision, while the second part identifies

Skills in Person-Centred Counselling & Psychotherapy Janet Tolan 2003-02-05 'Overall this both is accessible and useful... a very readable book' - The Journal of Critical Psychology, Counselling and Psychotherapy 'Skills in Person-Centred Counselling and Psychotherapy is not just an academic guide; it is a valuable tool-kit for the therapist regardless of the level of expertise. It provides, at times, an almost visual insight to the therapeutic process by drawing on the emotional and reflective resources of the reader through the use of the simplest languages' - Sheila Hawkins, Counselling Psychology Review 'Janet Tolan has drawn on her extensive knowledge and experience to produce an accessible and imaginative introduction to the skills of person-centred therapy. Her excellent book is enlivened by useful, informative exercises and examples from practice, which convey the heart and methods of the approach to the reader. She demonstrates the practical power of Rogers' necessary and sufficient conditions, explains clearly the person-centred notion of process and also deals with structural and professional issues. She even shows how the therapeutic conditions can be applied to working with organizations. This book is a 'must' for both beginning and experienced person-centred practitioners' - Paul Wilkins, Co-Editor of British Journal of Guidance and Counselling 'What is also valuable in this book is the way that the author places person-centred working within the professional context, demonstrating its practical application under the chapter headings of "beginnings and endings", "professional issues" and "managing the work in an organization". Janet writes in a very accessible style. Skills in Person Centred Counselling and Psychotherapy will certainly be of great value to the person seeking to grasp the fundamental principles of person-centred working.... Paul effectively tackles a range of issues, under chapter headings that convey some of the challenges made towards the person-centred approach, for instance, "Self-Actualisation: A Culture-Bound, Naïve and Optimistic View of Human Nature?" and "Non-Directivity: a Fiction and Irresponsible Denial of Power?" Chapters are subtitled with further affirmations that question person-centred working: "How Can Anyone Guarantee Unconditional Positive Regard?", "Empathy - an Illusion of Shared Consciousness?", "Congruence - an Impossible Way of Being?", questions which he responds to head on, describing the truth concerning the theoretical nature and application of person-centred therapy, drawing on a range of key theoreticians and practitioners within this discipline' - Richard Bryant-Jefferies, Healthcare, Counselling and Psychotherapy Journal '[Skills in Person-Centred Counselling & Psychotherapy] is logically ordered and deals with the central tenets of psychotherapy from a person-centred perspective.... This text is a good, solid read and will bring an opportunity for clear thinking and practice for many in the field of mental health and not only counsellors. It will be valuable for teachers and educators alike as well as anyone who is concerned with personal interactions with others' - Tom Mason, Mental Health Care Skills in Person-Centred Counselling & Psychotherapy is a step-by-step guide to counselling practice using the person-centred approach. The book takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person-centred principles. The book describes all aspects of the therapeutic relationship - from the initial meeting and assessment, right through to ending the relationship well - and demonstrates how the skills and attitudes of the person-centred practitioner are used effectively in a range of counsellor-client interactions. Psychological contact, congruence, empathy and unconditional positive regard - central tenets of the approach - are defined, not only as the basis of counselling, but also of the practitioner's wider role within their organization or agency. Skills in Person-Centred Counselling & Psychotherapy is an ideal introduction for beginning practitioners and for more experienced therapists who want to extend their range. The subtleties of the person-centred approach are fully explored and examples and exercises are used to aid understanding of theory and the development of skills.

Contracts in Counselling & Psychotherapy Charlotte Sills 2006-06-15 Praise for the First Edition: 'An excellently edited book... It touches upon the core philosophical bases of psychodynamic/psychoanalytic, cognitive and humanistic counselling, and explores the complicated and sometimes contradictory nature of contracting within these approaches... The book is written in an accessible language and often uses very powerful imagery to underline its message... I found this book to be extremely stimulating, accessible and readable. I recommend it to all people interested in counselling, and particularly to students of counselling at all levels' - British Journal of Guidance and Counselling Contracts in Counselling and Psychotherapy, Second Edition is a practical guide to an essential area of professional knowledge and skills. Any kind of therapeutic relationship requires an agreement between practitioner and client at the outset. When contracting with clients, practitioners need to consider a whole range of factors including: " goals of counselling " theoretical orientation " brief or open-ended counselling " different personality types " ethical and legal issues. This book provides a unique guide to the nature of counselling contracts, why they are needed and how they are made. For the second edition, the book has been thoroughly updated to take account of the BACP ethical framework. Two new chapters have been added covering the legal aspects of contracting, and how to make contracts with trainees. Contracts in Counselling and Psychotherapy, Second Edition is an authoritative source of information and practical guidance for trainees and practitioners in counselling and psychotherapy. Charlotte Sills is Visiting Professor at Middlesex University, and Head of Transactional Analysis Department at Metanoia Institute, London

Contracts in Counselling Charlotte Sills 1997-09-15 'An excellently edited book... It touches upon the core philosophical bases of psychodynamic/psychoanalytic, cognitive and humanistic counselling, and explores the complicated and sometimes contradictory nature of contracting within these approaches... The book is written in an accessible language and often uses very powerful imagery to underline its message... I found this book to be extremely stimulating, accessible and readable. I recommend it to all people interested in counselling, and particularly to students of counselling at all levels' - British Journal of Guidance and Counselling Clear agreements between counsellors and clients are essential before entering into a therapeutic relationship, yet until

Client Assessment Stephen Palmer 1997-03-18 'This chunky little book is packed with interesting approaches to the currently fashionable area of client assessment.... This is a book for any counsellor or counsellor trainee's shelf, a necessary reference for the sound professional' - Counselling News 'The comprehensive series of essays... is a timely contribution.... This book is about being professional and effective... a valuable multimodal life inventory for use with clients is provided' - Counselling, The Journal of The British Association for Counselling What information will help you assess the therapeutic needs of a client? Could you identify a suicidal client? How can you tell whether or not you are working with appropriate clients? Answering these and other questions, this book sheds light on a crucial, but often neglected, area of counselling. The authors provide clear guidelines, backed up by practice points, which clarify the assessment, monitoring and evaluation of clients. The book adopts a broad approach, transcending specific counselling theories and covering the main issues involved at key stages in the client/counsellor relationship - from the initial contact, through monitoring of the therapeutic programme, to ending the counselling process. Areas examined include: assessing the best type of therapy for each client; identifying the client's therapeutic goals; history taking; referral; and evaluating goal achievement. Gladeanna McMahon is presenter of the ITV programme Dial A Mum.

Counselling, Psychotherapy and the Law Peter Jenkins 2007-08-01 '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. Peter Jenkins, formerly a member of the BACP Professional Conduct Committee and currently a member of the Ethics Committee of the UKCP, has been described by *Counselling at Work* as 'probably the foremost authority on legal issues in counselling'. He is Co-Director of the 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 agency coordinators especially would benefit from the up to date material contained here' - *Therapy Today* 'Peter Jenkins has consulted widely over the content of this book, both within the psychological therapies field and with legal eagles. [His] use of clear flow diagrams and comparison 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 rapidly evolving 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 the spectrum of experience and theoretical models' - *The Psychotherapist*

Anti-Discriminatory Practice in Counselling & Psychotherapy Colin Lago 2010-09-21 *Anti-Discriminatory Practice in Counselling and Psychotherapy* is a groundbreaking text which identifies the ease with which individuals can be disadvantaged merely on the basis of their gender, race, culture, age, sexuality or ability. Examining these and other areas of discrimination, leading experts highlight how vital it is for counsellors, psychotherapists - and others in the helping professions - to be aware of and engage with their own social, political and cultural attitudes, and how they must develop their skills as culturally sensitive, reflective practitioners if counselling is to be truly accessible to all members of society. This substantially revised and updated second edition now also includes chapters on working within an anti-discriminatory approach with: - refugees - people with mental health difficulties - people with disfigurement or visible differences. While each thought-provoking chapter now: - links theory to practice by providing case studies and extracts from therapeutic dialogues - assesses the most recent research findings - provides exercises for enhancing awareness and skills within each different domain or care setting - presents references for further recommended reading. Clearly written and accessible, *Anti-discriminatory Practice in Counselling and Psychotherapy* is an indispensable addition to the toolkit of everyone either training to be or practising in the counselling and psychotherapeutic professions.

Working Through Setbacks in Psychotherapy Rob Leiper 2001-12-20 Counsellors and psychotherapists often encounter difficult situations with clients for which they feel ill prepared. At any stage in the process a client may experience a crisis or set back in their progress or simply be unable to move beyond a certain point. *Working through Setbacks in Psychotherapy* is therefore intended to help therapists respond to such events which form major obstacles to the successful development and maintenance of the therapeutic relationship. The authors present a framework for understanding the problems that arise and offers effective guidance for working through difficult situations which test the skills of even the most experienced practitioners. Until now little has been written about the

Counselling Difficult Clients Dr Kingsley Norton 1997-12-12 [In this book] "difficult clients" is meant as "difficulties with clients..". I like to be challenged in my thinking and there was much about this book that I found thought-provoking and challenging, and which made me re-examine my basic philosophy and approach to counselling... For the newly trained counsellor this book offers organizational, practical and theoretical advice... it gives a good academic overview of understanding how client-counsellor interactions can become difficult, together with some preventative techniques and case-work examples' - "*Counselling, The Journal of The British Association for Counselling* " Counsellors and other mental health professionals will inevitably encounter clients who are difficult to work with because they do not comply with the basic requirements of forming a trusting relationship and accepting help or advice. Such clients can place an enormous strain on those who try to help them. This book sets out practical guidelines, backed up by examples and a sound theoretical base, for the management of these difficult, disturbed or disturbing clients. The authors concentrate on the everyday difficulties of the transaction between practitioner and client in their respective social contexts, rather than locating the problems solely within the client, and indicate ways in which these difficulties can be successfully overcome.

Key Issues for Counselling in Action Windy Dryden 2008-09-17 SAGE celebrated the 20th Anniversary of the *Counselling in Action* in November 2008. To view the video - [click here](#) ----- Effective counselling is based on a strong working relationship between counsellor and client. Building and maintaining this therapeutic alliance, demands both skill and an ability to negotiate challenges which arise during the counselling process. *Key Issues for Counselling in Action* prepares new practitioners for face-to-face work with clients by looking at what is required at each stage of the process and examining issues which practitioners most frequently need to deal with along the way. The topics covered are relevant to all counsellors, regardless of theoretical orientation. The book explores the everyday issues counsellors face when: - getting started - making an assessment - working at relational depth - setting goals, and - ending the relationship Advice is also given on more difficult challenges, such as dealing with: - reluctant clients - stuckness - client dependency, and - unplanned endings. *Key Issues for Counselling in Action* is a bestselling text which has been used to train many thousands of counsellors as well as supporting their continuing professional development. This second edition has been completely re-written and includes new material on the use of touch, self-care, culture and counselling evaluation. Windy Dryden is Professor of Psychotherapeutic Studies, Professional and Community Education (PACE) at Goldsmiths College, University of London. Andrew Reeves is a University Counsellor at the University of Liverpool Counselling Service and Editor of the journal, *Counselling & Psychotherapy Research*.

Creating the Therapeutic Relationship in Counselling and Psychotherapy Judith Green 2010-09-17 At the centre of good counselling and psychotherapy practice is the relationship between therapist and client. This book is an essential guide for counselling and psychotherapy students who want to explore the personal qualities and attitudes of the therapist, and to allow the client to engage in the therapeutic process with trust. The book will consider how students of counselling can develop these qualities and enhance their awareness of their attitudes, to enable them to be fully present and emotionally available in their encounters with clients.

The Practice of Collaborative Counseling and Psychotherapy David Pare 2012-12-19 Many textbooks teach the practice of counselling to new learners by relying on basic ideas generated before the 1970s and grafting more recent developments onto this foundation as optional modalities. David Pare avoids this trap. He does not assume that the world has not changed or that innovative ideas that demand attention are not constantly being produced. Neither does he dismiss the foundations of counselling laid a generation or two ago as irrelevant. Instead he weaves into them new emphases drawn from the most creative practices of recent decades and makes them relevant to students learning the basics of practice. Specifically, ideas drawn from the turn to meaning are placed alongside well-established traditions of counselling.

Counselling by Telephone Maxine Rosenfield 1996-11-25 'Well written, well researched... [the book] contributes to undermining ideas of professional hierarchy, in which long-term face-to-face is top of the pile, and short-term and the phone are the province of the amateur who knows not what they are up to. On the contrary, the counselling process as well as the use of counselling skills are resources that can be much more widely used than is possible if they are restricted to relatively long-term counselling. This is an excellent book covering a great deal of recent thinking about confidentiality, skills, training, quality and supervision in relation to the telephone [with] a useful chapter on its technology in relation to counselling' - *Counselling and Psychotherapy, The Journal of the British Association for Counselling and Psychotherapy* This book explores the essential skills needed to carry out effective telephone counselling - such as welcoming and establishing a relationship with clients; listening and responding; understanding silences; working with transference and fantasy; and recognizing and reacting to feelings - which are necessarily very often distinct from those involved in face-to-face counselling. Maxine Rosenfield challenges the view that telephone counselling is a poor relation to face-to-face counselling, arguing that for certain clients it may be the therapeutic medium of choice. She examines the benefits to both clients and counsellors of working by telephone, and highlights the technical and practical issues of which counsellors should be aware. She also covers the relatively new

concepts of group counselling by telephone and counselling by other media, such as e-mail or letter.

Counselling Skills and Studies Fiona Ballantine Dykes 2017-04-03 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.

Counselling Skills for Health Professionals Philip Burnard 2005 The new edition of this text has been updated to reflect research, changes and developments in counselling. It combines theory and practice to give students a full understanding of the complexities of counselling.

Counselling Skills in Action Megan R. Stafford 2020-03-09 To access the exclusive SAGE Videos, please see the code and instructions on the inside front cover of your textbook. If you have purchased the eBook from Amazon or another online retailer, please visit the book's online resource site to contact SAGE, and we will assist further. 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.

A Safe Place for Change, revised 2nd edition Hugh Crago 2019-02-15 It is increasingly recognised that the strength of the bond between counsellor and client is the best indicator of a good outcome for the client. The theoretical model employed by the counsellor matters less than the relationship the counsellor can build with each individual client. Yet first year counselling students continue to be taught about different models of therapy and specialised approaches supposedly needed by clients with different problems. The result is often confusion and uncertainty, and many 'trained counsellors' graduate without a solid grasp of how to form an authentic relationship with any client. Unlike most texts, *A Safe Place for Change* focuses squarely on the therapeutic relationship. Skills are presented in terms of their contribution to the relationship. Theories and models are referred to throughout, but the authors emphasise what the different approaches have in common, rather than the specialised terminology that often makes them seem more different than they actually are. The personal capacities and skills that distinguish a good counsellor or therapist are presented in the same order in which they would appear within the actual therapeutic relationship. The initial chapters teach 'holding' and 'exploring'—skills that are almost automatically required in the first few sessions with a new client. Then follows a chapter that deals with the challenge to the counsellor-client relationship which often appears after the first two sessions, and shows counsellors how they can respond most usefully to that challenge. As the therapeutic relationship continues and deepens, it becomes possible to invite clients to consider how they might be contributing to their own problems—the skill of 'gentle honesty' or 'encountering'. Finally, the authors introduce two different approaches to achieving change—'solving the problem' via advice, instruction, and homework, and 're-parenting the person'—something that is more likely to be crucial in long-term work with clients who present entrenched difficulties in living and relating. Well-written, insightful and accessible, this textbook speaks directly to students of counselling and psychotherapy, recognising their needs and their challenges. The authors' real-world experience is evident throughout the book, as is their skill in teaching complex concepts in clear language.

Understand Counselling Aileen Milne 2010-01-29 *Understand Counselling* will give you a clear understanding of the main counselling theories and help you develop vital counselling skills. It will introduce you to the three main branches of counselling - psychodynamic therapy, person-centred therapy and cognitive behavioural therapy - and familiarize you with the key features of each one. Whether you are interested in training as a counsellor, are considering counselling yourself or simply want to become a better communicator, this book will give you confidence and understanding. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of counselling. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.

Creating the Therapeutic Relationship in Counselling and Psychotherapy Judith Green 2010-09-17 At the centre of good counselling and psychotherapy practice is the relationship between therapist and client. This book is an essential guide for counselling and psychotherapy students who want to explore the personal qualities and attitudes of the therapist, and to allow the client to engage in the therapeutic process with trust. The book will consider how students of counselling can develop these qualities and enhance their awareness of their attitudes, to enable them to be fully present and emotionally available in their encounters with clients.

Essential Counselling and Therapy Skills Richard Nelson-Jones 2002-01-11 'This is another well planned and well organized textbook specifically aimed at students in training as counsellors and psychotherapists, who have already completed an introductory course' - *British Journal of Guidance and Counselling* 'Richard Nelson-Jones' focus on skilling the client provides a valuable toolkit, making explicit what is implicit in many counselling models. His "Skilled Client Model" provides an excellent substitute for Egan's "Skilled Helper" - Zoë Fitzgerald-Pool, Director of Training & Development, CSCT Limited 'A text which provides trainers and trainees alike with a veritable treasure-house of creative ideas' - Brian Thorne, Emeritus Professor of Counselling, University of East Anglia and Co-Founder, Norwich Centre 'The "skilled client model" is a distinct advance, I think... and very helpful' - Ron Perry, Director, Institute of Counselling, Sydney 'The book is written in a clear and orderly fashion... Therapy is a process and learning is a process too, and this textbook will undoubtedly assist trainees to move along their own process of learning and becoming reflective and effective practitioners' - Stefania Gribic, *Counselling Psychology Review* *Essential Counselling and Therapy Skills* is written for trainees who are beginning to work with clients under supervision. Building on what has been learnt during introductory courses, the book supports students in the next stage of their practical skills development. Written by leading author, Richard Nelson-Jones, *Essential Counselling and Therapy Skills* is a step-by-step guide to therapeutic work using the 'skilled client model'. Central to this innovative approach, is the assumption that the skill of counsellors and therapists lies in their capacity to impart skills to clients. The book focuses on: establishing collaborative working relationships; working with clients to find shared definitions of their problems; enabling clients to improve how they think, communicate and act; and dealing with questions of diversity, ethical practice and the value of supervision. Accessibly written, the book contains numerous skill-building activities and case examples, making *Essential Counselling and Therapy Skills* an ideal textbook for practical skills training in counselling, counselling psychology, psychotherapy and other helping professions.

Understanding the Counselling Relationship Colin Feltham 1999-09-13 'This book presents contrasting views of the relationship between the counsellor, or therapist, and the client, as held by practitioners from diverse theoretical orientations. Each chapter clarifies and considers the elements of the counselling relationship which have the most bearing on therapeutic practice and the strengths of each are highlighted in terms of understanding, theory and skills' - *The New Therapist* It is now widely accepted that the therapeutic relationship - referred to here as the counselling relationship - may be the most significant element in effective practice. *Understanding the Counselling Relationship* presents contrasting views of the relationship between the counsellor or therapist

Learning and Writing in Counselling Mhairi MacMillan 1998-02-04 'This is a very practical "how to" book, written for students on counselling skills courses. It is intended to help them through the various problems faced by people returning to education, perhaps after a long gap... how useful this book could be to students who [are] confused by the increasingly academic requirements of counselling training courses... I would

recommend this book as a companion for anyone who is starting a course with little or no experience of academic expectations. It is written in a friendly and reassuring style' - Counselling, The Journal of the British Association for Counselling This book provides a comprehensive overview of the tasks and the processes of learning and writing required on counselling training courses and in the practice of counselling. The authors cover the entire period of training, from choosing a course to the early stages of professional practice. The first part of the book discusses learning skills, methods and approaches, looking at, for example, the context for learning, motivation and experiential learning. Part Two focuses on course requirements, the form of written assignments - how to complete them and the difficulties that can be encountered - as well as the basics of writing, including language, form and style. The final part looks at the involvement of practising counsellors in continued learning and the kinds of writing that they may develop throughout their careers.

Counselling and the Life Course Léonie Sugarman 2004-02-24 'Essential reading for student, fledgling and experienced counsellors alike' - Mark Edwards, Nurturing Potential 'Beautifully written and well researched and full of useful structured exercise for therapists and clients, this is a combination of psychology textbook and counselling handbook - theoretical a, yet practical' - Healthcare Counselling and Psychotherapy Journal
Counselling and the Life Course introduces counsellors to the concept of the life course as a multidimensional and multidisciplinary framework for thinking about clients' lives within and beyond the counselling setting. It aims to give counsellors an understanding of human development, and how it impacts practically upon their work with clients. The book engages with the tension between, on the one hand, recognizing age and life stage as important dimensions of difference, and on the other, avoiding the pitfalls of age stereotyping and ageist discrimination. At the same time, Counselling and the Life Course shows how the concept of the life course can be used as a framework for considering the commonalities between different life stages. This provides a focus for counsellors of how to draw on their existing skills and expertise when working with clients of a different age and life stage to those with whom they generally meet. The impact of both counsellor and client age on the counselling relationship is also considered. The book includes an 'Activity Trail' of structured exercises in order to encourage reflection on the concepts discussed and their relevance to clients, the readers themselves, and their counselling practice.

Medical and Psychiatric Issues for Counsellors Brian Daines 2007-09-27 Praise for the First Edition: 'An interesting overview of medical and psychiatric issues that may arise for counsellors... readable, lucid and free of jargon. The issues addressed include referral and assessment, ongoing counselling and supervision, medical conditions and their treatment, psychiatric conditions and their treatment, and ethical and legal issues... it raises awareness of some important issues to consider when working with clients with medical and psychiatric conditions' - British Journal of Guidance and Counselling
Medical or psychiatric issues frequently arise during counselling and counsellors need to equip themselves with the knowledge and skills to respond appropriately. *Medical and Psychiatric Issues for Counsellors, Second Edition* is the perfect guide to this challenging area of practice. It provides a clear introduction to: " the nature of mental illness, " the relationship between mental and physical health and " the role of counselling in relation to both. Highly practical and right up-to-date, this Second Edition examines how to manage medical or psychiatric issues as they emerge, whether during assessment or at a later stage in the counselling process. Guidance is given on: " how to recognise serious mental health problems " the effects of psychiatric drugs " assesment and referral to other services, and " legal and ethical issues. The Second Edition covers changes in the context of counselling practice - particularly in health care settings - such as the use of tools to measure outcomes, evidence-based practice and clinical governance. The common principles of care and working with other professionals are also explored. This Second Edition is essential reading both for counsellors in health care settings and those practising in more general contexts. It is also suitable for all mental health workers needing a clear, practical introduction to working with clients. Brian Daines is an independent practitioner, Clinical Tutor in Psychosexual Medicine at University of Sheffield and a college counsellor. Linda Gask is Professor of Primary Care Psychiatry at University of Manchester and Honorary Consultant Psychiatrist in Salford. Amanda Howe is Professor of Primary Care at the Institute of Health, University of East Anglia.

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