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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

this book is a comprehensive easy to read introduction to personal counseling written for professional and volunteer counselors and those who train 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 the client 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 to counseling discussion of the specific skills required for success practical suggestions on ways to learn and develop new skills ways of managing particular situations involving angry depressed grieving and suicidal clients an understanding of the role of a counselor or 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 additionally there are numerous examples of useful dialogue to illustrate real experiences of and for use in counseling situations including key

statements that are highlighted throughout the book for ease of reference this 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 education and human services

annotation this book is a comprehensive easy to read introduction to personal counselling written for student counsellors and new counsellors and those who train supervise them the book contains many practical examples of the use of counselling micro skills includes client statements for use by trainers in teaching particular skills explores the processes of change and describes an integrative counselling process which enables counsellors to make informed choices about which skills to use at particular stages of the counselling process each chapter has a learning summary and a list of suggested further reading including reference to relevant research each of the skills chapters includes demonstration examples of suitable client statements and counsellor responses followed by practice examples and student assignment examples

from leading skills expert richard nelson jones this third edition remains the most accessible and practical introduction to the basic counselling skills essential for the helping professions steeped in vivid case examples experimental activities and therapeutic dialogue this book provides a thorough step by step guide to the subject working through each stage of the helping process the key skills covered include starting structuring and summarizing the helping process active listening offering challenges and feedback facilitating problem solving improving clients self talk rules and perceptions coaching demonstrating and rehearsing managing resistance and changing referrals conducting middle sessions and terminating help accessible practical and concise this bestselling book also discusses ethical issues and dilemmas multicultural and gender aware helping providing a master class for anyone using counselling skills in the course of their work

an introduction to basic theoretical and practical skills essential for all health care professionals early chapters explore

theoretical issues relating to the nature of counseling and self awareness later chapters consider specific skills and discuss ways in which counseling skills can be learned includes individual and group exercises this third edition contains new material on aggression and personal safety

essential counseling skills practice and application guide offers practical step by step guidance for developing and applying the skills necessary for careers in counseling using the metaphor of a professional journey this guide provides commentary and background information throughout as readers are directed in their development of such key counseling skills as empathy building relationships case conceptualization and facilitating change deep reflection is further encouraged at every key stage through the integration of theory with a wealth of applied exercises and examples

a practical guide for students who are working on improving their counseling skills this manual features 12 practice sessions each of which focuses on a specific counseling skillset many of the essential skills are covered such as using questions nonverbal behaviors making reflections of client meaning and feeling but the student also gains practice here with important skills such as learning how to deal with clients in crisis and reluctant clients how to appropriately confront and hoe to give and receive accurate and supportive feedback to one another these practice sessions are designed to help students recognize and build on their natural interpersonal skill set as they learn new skills they will help students become more competent in their use of counseling skills and feel more comfortable and confident in their roles as emerging counseling professionals key features offers a comprehensive view of each skill prior to its being demonstrated connects skills learned to professional practice provides ample student review and practice opportunities including both writtent exercises and role playing encourages thorough evaluation oopportunities through both self evaluation and peer instructor evaluation

as a counsellor supervisor and trainer i find this book such an excellent resource it is invaluable in my teaching as well as supporting learning in supervision culley and bond use their extensive experience as practitioners to demystify potentially complex ideas instead presenting them in an accessible and engaging way counselling skills are described clearly and case study material is relevant to practice the third edition brings new and contemporary content that further enhances the value of the book buy it now dr andrew reeves counsellor supervisor trainer and editor of counselling and psychotherapy research journal integrative counselling skills in action third edition is a bestselling introduction to the core counselling skills it takes you step by step through the skills and strategies needed at each stage of the counselling process beginning middle and end using illustrative case examples and providing practical checklists and summaries new to the third edition negotiating and managing a counselling contract using self disclosure preparing for and using supervision an example of supervision included in extended case study a new preface integrative counselling skills in action is used by many thousands of students and practitioners who need guidance on using counselling skills in a variety of helping settings

from leading skills expert richard nelson jones this bestselling book is the ideal companion for any trainer or trainee wanting to acquire and develop the counselling skills key to effective therapeutic relationships using an easy to follow three stage model this fourth edition provides the answers to those all important questions what are counselling skills and why are they important how can i become more skilled and put the skills i have learnt into practice what skills will help me manage crises and work effectively with diversity ethical issues and dilemmas how can i help my client to develop their own self helping skills and maintain change after the counselling relationship has terminated accessible practical and concise this new edition is packed full of up to date case examples more material on self care and diversity as well as a brand new chapter on using technology in counselling this is the ideal text for introductory courses in counselling skills counselling and other professional areas including health care management education and social work richard nelson jones has many years

experience as a counsellor trainer and psychotherapist his books have helped train thousands of counsellors and helpers worldwide he is a fellow of the british and australian psychological societies and of the british association for counselling and psychotherapy

as a course book or an aide to individual learning this book contains a wealth of information and guidance based on years of study and practice it is easy to use because it is clearly signposted i particularly like the way the author addresses the range of issues a student needs to consider before embarking on a counselling course the structure of building block by block skill by skill simplifies assessment counselling and psychotherapy journal good counselling skills are the key to effective helping relationships introduction to counselling skills second edition is designed to help readers acquire and develop these skills using an easy to follow three stage model drawing on many years experience as a counsellor trainer and writer richard nelson jones describes in detail each stage in the helping process and gives examples to show how the skills work in practice the examples also demonstrate the variety of contexts in which counselling skills are commonly used as well as the diversity of issues and problems they can help to address the book covers what counselling skills are how to conduct sessions ways to clarify and expand your understanding how to improve your listening skills ethical skills introduction to counselling skills second edition is full of practical features designed to aid learning including activities related to the particular skill being described learning outcomes examples summaries and a glossary of key terms for this the second edition the book has been fully up dated and new material has been added on the diversity of helpers and clients the use of training groups and supervision combining a clear explanation of skills with a host of practical activities introduction to counselling skills second edition is the ideal text for introductory courses in counselling skills counselling and many other professional areas including health care management education and social work

trusted author margaret hough updates this bestselling resource that will provide you with the clearest introduction to the

major approaches in counselling easy to read clear and concise this full colour updated edition will take you from learning to application with a variety of group tasks and case studies to explore and evaluate explore the new extended sections on cognitive behaviour therapy neuroscience and cultural diversity and counselling to highlight new approaches developments and research consolidate learning with new student exercises now over 70 translate theory into practice with new case studies including some that will illustrate the problems clients experienced during covid 19 with special reference to emotional and psychological effects of lockdown understand the ways in which neuroscience helps us understand the beneficial effects of counselling and psychotherapy with the regular references throughout the book

this is where you can find an overview of the major approaches in counselling how they fit together and how you can integrate them into your practice it s also your guide to the nature of counselling the skills needed to be a counsellor and managing the challenges of the counselling relationship this new edition is suitable for a wide range of courses including foundation certificate diploma and higher education studies in counselling there is discussion of the improving access to psychological therapies programme with expanded coverage of cbt approaches it also references the latest bacp guidelines for counsellor training and best practice the book reflects the impending requirement for statutory regulation of counsellors and psychotherapists via the health professions council every year the case studies exercises handouts and resources tips in this book help thousands of trainees and established practitioners develop their understanding of the theories and practical skills required in this challenging and rewarding profession

trust this bestselling resource to provide you with the clearest introduction to the major approaches in counselling written by expert counsellor and bestselling author margaret hough this textbook provides the clearest overview and introduction to the subject it covers the major approaches to the field how they interrelate and how you can put them into practice suitable for a wide range of qualifications from foundation courses to higher education it will help you to understand the



nature of counselling the skills you will need to develop and how to overcome the challenges you might face in this rewarding profession this new edition now in full colour provides up to date research on topics such as ethics in counselling and the importance of both supervision and person centred care in residential and hospital settings navigate your way easily with the book s clear language and structure translate theory into practice with realistic case studies exercises and other useful features develop your knowledge with extended coverage of cognitive behavioural therapy brief therapy and online counselling further your understanding with expanded coverage of working with younger clients counselling for trauma and disaster and psychodynamic theories

are your students looking to use counselling skills to enhance their existing helping role or wanting to take the first steps towards becoming a professional counsellor well look no further this practical guide will provide them with the ideal way in showing them what helping and counselling is all about part 1 counselling skills will introduce students to the underpinning knowledge and practical tools needed to develop a range of helping skills for use in a variety of helping roles showing them what it means to work safely and ethically part 2 counselling studies will help students 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 students 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 their learning 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

this practical bestseller from leading expert richard nelson jones introduces the essential counselling skills for the helping professions now in its fourth edition it guides you through the key skills for helping work across a range of settings such as counselling nursing social work youth work education and many more it explores 17 key counselling skills including asking

questions monitoring facilitating problem solving negotiating homework each chapter describes a particular skill illustrates it using clear case examples across a range of settings and then helps you consolidate and practise what you've learned through a set of creative activities further chapters cover professional issues including a new chapter on managing crises and chapters on ethical dilemmas supervision working with diversity and more

this updated edition expertly guides teachers to be effective helpers when called upon to respond quickly and appropriately to students interpersonal social and emotional needs

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

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