

Basic Personal Counselling Geldard

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basic personal counselling bpc is an easy to read introduction to counselling skills for both professional and volunteer counsellors and workers in the helping professions this ninth edition of basic personal counselling includes new content on self care and the use of technology in counselling as well as examples of counselling skills in practice it encourages you to find ways of testing out your assumptions and discover if there is more that you could do or learn to improve and develop in your chosen career journaling video recording with playback and reflecting team supervision are explained as opportunities to process and

monitor your practice along with easy to use templates to record your progress

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

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'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 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

hardcover edition of a text specially relevant to students and practitioners in the health sciences which provides a basic introduction to counselling in health care it then focuses on a range of specific instances in which counselling has been of established value including sexual counselling counselling for families counselling for women and counselling for drug users and

those who are hiv positive includes bibliography and index the authors are co authors of psychology for nurses

the elements of applied psychological practice in australia is a comprehensive and applied review of material required for basic psychological practice in australia this book is the first of its kind to offer a one step resource to success in the australian national psychology examination nadine pelling and lorelle burton have provided you with everything you need and more most notably a comprehensive review of applied areas and all assessments noted as important by the psychology board of australia study skills and tips including making a study plan and how to manage your time 100 sample multiple choice questions mcq with answers and explanations for anyone looking to take the australian national psychology examination this detailed concise and extremely easy to read book is an absolute must have beginning level and experienced psychologists will also find the comprehensive coverage of applied practice areas a useful reference for their client related work and its value as a resource comes alive with its succinct presentation of client based psychological assessment and the ethics of applied practice and interventions this book will also be of interest to teachers of psychology and international psychologists and scholars who may be interested in how psychology is practiced in australia

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 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 introduction to personal counselling for professional and volunteer counsellors and those who train them covers the specific skills required and includes examples of dialogue to show how counselling skills are implemented in real situations

electronic inspection copy available for instructors here at about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill not to mention application in sculpting a text that is economically delivered and lucid in its writing dave mearns professor emeritus university of strathclyde glasgow the field of counselling and psychotherapy moves on but the sage handbook of counselling and psychotherapy keeps up professor sue wheeler director of the doctoral programme institute of lifelong learning university of leicester this book is the definitive text on the theory and practice of counselling and psychotherapy the editors are to be commended professor robert bor cpsychol fbpss csci ukcp reg fraes lead consultant clinical counselling health psychologist royal free hospital and co director dynamic change consultants dccclinical com the what s what from the who s who in counselling in psychotherapy professor del loewenthal rcte university of roehampton this long awaited third edition brings together the fundamentals of counselling and psychotherapy theory research skills and practice it addresses what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive accessible and jargon free including new material on interpersonal psychotherapy cognitive analytic therapy pluralistic therapy and mindfulness as well as body psychotherapy hypnotherapy asperger syndrome adhd and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike colin feltham is emeritus professor of critical counselling studies sheffield hallam university fellow of the british association for counselling and psychotherapy bacp senior registered practitioner and former co editor of the british journal for guidance and counselling ian horton is now retired and was principal lecturer in counselling and psychotherapy at university of east london chair of the ukrc executive a bacp accredited counsellor and ukrc registered independent counsellor he is a fellow of the bacp

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

with over 100 entries this is an essential entry point to counselling and psychotherapy theory practice skills professional issues research client presenting problems and more

a resource for students and professionals in counselling social work psychology occupational therapy mental health and psychiatry nursing and education

Conflict and dispute resolution is a practical guide to understanding dispute resolution theory in the context of organisational psychological and social work themes it covers the spectrum of interventions from the prevention of conflict ignoring it managing it through feedback difficult conversations self mediation conflict coaching to facilitative processes such as dispute facilitation mediation conciliation and managing groups and multi party disputes the book encourages diverse thinking about how conflict impacts not only on the individual but also on relationships in their broadest sense at home at work locally and globally the authors show how to apply the theoretical aspects of mediation to skill building for conflict management negotiation and mediation and include discussion of assessment methods conflict resolution and mediation is comprehensive in its coverage of all the skills and processes needed by students coaches mentors and practitioners to help deal with dilemmas and become reflective practitioners it is complete with case studies clear examples and dialogue extracts to assist in becoming more aware and more effective at being able to provide an appropriate process for parties to achieve their outcome

this practical book has been specifically designed for students and professionals working with emotionally disturbed adolescents it introduces the specific issues associated with counselling adolescents and describes how traditional counselling skills can be enhanced by the use of pro active processes for more effective use with this client group kathryn and david geldard describe the nature of adolescence explore adolescents counselling needs giving an account of the pro active approach to counselling they developed for use with this client group and describe the use of widely accepted counselling skills which enable the adolescent to arrive at strategies for addressing specific issues the final part contains case

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

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Introduction

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