

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

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 counselorocos 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

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

text combining theory and practice and designed for both students and experienced professional nurses the authors argue that successful nursing is based on good relationships with patients includes references and an index

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

this book is the ideal introduction to counselling and supporting children and young people taking a person centred 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

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

clinical naturopathy details key treatment protocols and evidence based complementary medicine interventions for use in naturopathic

practice the book is written by leading practitioners in the field exploring naturopathic treatments herbal nutritional dietary lifestyle for a range of medical conditions that are commonly encountered in modern practice the unique perspective of the book is that it combines clinical experience with evidence based substantiation from rigorous research case study examples at the end of chapters manifest the author s clinical knowledge contextualising theory into relevant clinical application the book is a landmark guide to naturopathic practice clinical naturopathy initially outlines an introduction to case taking methodology as well as diagnostic techniques used by naturopaths and then details treatment protocols and prescriptions to treat major health conditions within individual body systems special sections on naturopathic treatment at various stages of the life cycle paediatrics pregnancy aging and complex health conditions e g hiv cancer pain management are also covered comprehensive appendices provide additional clinically important material including reference levels for laboratory medical tests nutrient food values traditional chinese medical diagnosis and drug cam and chemotherapeutic and drug cam interaction tables this text will be essential reading for naturopathic students and practicing naturopaths for practical application of their skills in a clinical setting in addition to advancing their knowledge of evidence based complementary medicine interventions the book will also be a valuable resource on naturopathic practice for allied health and medical practitioners addresses pre clinical and clinical naturopathy subjects from third year naturopathy to post graduate level focuses on major medical conditions and outlines naturopathic and integrative medical treatments features case studies to contextualise theory into relevant clinical application includes user friendly clinical decision trees tables and figures is rigorously researched with over 4000 references

this book is a superb reference for counselling skills trainers and students it presents practical key skills that are described and discussed clearly and concisely dr margaret e smith programme leader university of derby this third edition interestingly adds two relevant sub themes to its impressive range of subject matter the text offers a sound practical and accessible introduction that serves to ground the purpose application and practice of counselling skills gerry skelton social work and counselling educator trainer and practitioner introduction to counselling skills third edition is designed to help readers acquire and develop the counselling skills key to effective helping relationships using an easy to follow three stage model richard nelson jones details each stage in the helping process using examples to demonstrate counselling skills in a variety of

contexts showing how skills work in practice and the diversity of issues they can help to address this book covers what counselling skills are improving listening skills assessing feelings thinking and communication improving thinking skills and communication skills conducting sessions ethical issues for the third edition introduction to counselling skills has been fully updated adding new material on relaxation techniques and managing crises combining a clear explanation of skills with a host of practical activities 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 is a fellow of the british psychological society and of the bacp he divides his time between london and chiang mai thailand

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 author 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 upon their work with clients

while emphasising caring for others this book also place great importance on the practitioner caring for and developing themselves contemporary care environments place high demands upon students and practitioners of all disciplines we want practitioners to do more than simply survive these environments we want practitioners to thrive and feel enabled to lead themselves and others john hurley and paul linsley in the preface emotional intelligence is centred in self awareness empathy and leadership as well as communication relatedness and personal resilience this book adopts a fresh approach to personal and professional development in healthcare by applying emotional intelligence to a range of clinical and educational contexts this practical user friendly guide engages the reader on both an emotional and a cognitive level offering an energising way for healthcare professionals to work more effectively as individuals and as part of a team the activities provided are

thought provoking for personal study and ideal for session planning in larger groups emotional intelligence in health and social care is recommended for all educators and students of medicine nursing social care and the allied health professions when i began my professional training over forty years ago the curriculum paid no attention to the stuff of the emotions however when faced with the confusion of real people and the uncertainty of decision making i like everyone else had to draw on my emotions feeling my way towards a different kind of knowledge a book like this might have helped me come to a different understanding of what i needed to do to help myself to coexist with work alongside and help others from the foreword by phil barker

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

becoming a counsellor or psychotherapist is a transformative and life changing experience some trainees manage this process well while others struggle to come to terms with the personal impact of their training in what you really need to know about counselling and psychotherapy training cathy mcquaid provides an in depth but accessible guide to the processes of understanding individual motivations for wanting to undertake training and choosing the most appropriate course backed by extensive research the book explains the training process from beginning to end covering topics including entry requirements course curriculum and terms and conditions of training the training

relationship and group process the challenges of training the outcomes of counselling and psychotherapy training mcquaid leads the reader through the process of choosing a course working with the course leader and with a group of peers and considering potential employment prospects upon completion prompting the reader to consider their own personal professional and educational needs within the framework of training this is essential reading for anyone thinking of training as a counsellor or psychotherapist and for trainers and training course providers

with the recent uptick of violence in schools it is essential to strategize new concepts for promoting nonviolent tendencies in children and creating safe environments through nonviolent teaching techniques it is possible to effectively demonstrate mutual respect tolerance and compassion in order to have a lasting peace cultivating a culture of nonviolence in early childhood development centers and schools aims to expand and deepen multicultural nonviolent teaching techniques and concepts to achieve desired outcomes for early childhood development centers schools institutions of higher learning and centers of teacher development and training while highlighting topics including child development conflict resolution and classroom leadership this book is ideally designed for teachers directors principals teacher organizations school counselors psychologists social workers government officials policymakers researchers and students

this work discusses strategies for teaching presentation computing listening management and interview skills within each area

the new edition of psychiatric and mental health nursing focuses on practice in mental health and psychiatric care integrating theory and the realities of practice mental wellness is featured as a concept and the consideration of a range of psychosocial factors helps students contextualise mental illness and psychiatric disorders the holistic approach helps the student and the beginning practitioner understand the complex causation of mental illness its diagnosis effective interventions and treatments and the client s experience of mental illness

equips students with a critical perspective and develops their understanding of social work practice

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