

5TH EDITION

First Steps in Counselling

AN INTRODUCTORY COMPANION

PETE SANDERS,
PAULA J WILLIAMS
AND ANDY ROGERS



First Steps In Counselling

Richard Velleman



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Counselling for Alcohol Problems Richard Velleman, 2011-02-07 Counselling for Alcohol Problems third edition is a practical and bestselling guide to working with people who have problems with their use of alcohol It is the key book recommended by most alcohol counselling courses in the UK including the Scottish national alcohol counsellors training scheme The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual attempting to understand and therefore enable the client to understand what they are doing and why This new edition includes New content on the current political social and counselling context surrounding alcohol use A wider range of case studies New ideas that help students and trainees develop the skills and strategies they need for working with their clients Further guidance for generic or non alcohol counsellors who face alcohol problems with

their clients This third edition is an invaluable resource for practitioners both those specialising in work with alcohol misusers and those who encounter problem drinkers in the context of a more general counselling practice

Skills in Gestalt Counselling & Psychotherapy Phil Joyce, Charlotte Sills, 2018-04-09 This practical guide to the gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in gestalt practice The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session creating a working alliance assessment and treatment direction managing risk supervision adopting a research approach and managing difficult encounters The Fourth Edition has been updated to include Some implications of working in the twenty first century including working virtually Updated content on trauma An enhanced discussion of mindfulness and awareness New case examples and exercises Updated references and further reading

Disability Psychotherapy Angelina Veiga, Valerie Sinason, 2025-09-30 Disability Psychotherapy explores the growing practice of working psychotherapeutically with people with disabilities Over three parts the book explores the history of disability psychotherapy working as a disability psychotherapist and applications of disability psychotherapy The contributors representing a range of approaches describe the practice of disability psychotherapy through clinical material discuss their experiences of working in the field and reflect on their learnings The book also considers the contributions of the Institute of Psychotherapy and Disability and how relational attachment work with patients colleagues research and clinical writing creates a thriving community Disability Psychotherapy will be of interest to experienced and student psychotherapists psychoanalysts counsellors educators carers parents advocates and anyone who is concerned about widening access for people with disabilities and their networks to high quality psychotherapy treatment

Couple, Family And Group Work: First Steps In Interpersonal Intervention Crago, Hugh, 2005-12-01 Couple group and family therapies are usually viewed as three completely different disciplines In fact they have much in common Couple Family and Group Work reveals the similarities and the real differences among these topics Employing real life examples of therapy sessions involving more than one patient it bridges the gap between psychodynamic and group system approaches and shows one on one counselors and therapists how to work with various types of groups

The Contact Work Primer Pete Sanders, 2007 The Contact Work Primer brings the work of Garry Prouty and his associates to a general readership Covering both Pre Therapy and contact work this book is the first English language publication to introduce the full range of applications including individual counselling psychotherapy institutional psychiatric settings work with special needs and learning disabilities and dementia care For everyone qualified and unqualified who wants to be more effective in their work with contact impaired clients The most accessible introduction to this most important development in helping

The British National Bibliography Arthur James Wells, 2004

Learning and Being in Person-centred Counselling Tony Merry, 2002 In the second edition of this hugely popular book Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy It offers in

depth discussion of all aspects of person centred counselling from its origins to current developments in theory and practice

Community-based Counselling for People Affected by HIV and AIDS Mark G. Winiarski,2004 This guide contains the lessons that all HIV and AIDS counsellors in Africa need to know It emphasis that counsellors to understand HIV as a condition that has medical emotional social and spiritual aspects and to use this understanding to organise their responses to clients

Cognitive Psychodynamics as an Integrative Framework in Counselling Psychology and Psychotherapy Tony Ward,Arnaud Plagnol,2019-08-24 This book proposes a novel method of combining the current approaches to counselling and psychotherapy into one coherent framework The authors argue that the cognitive behavioural tradition largely focused on thought patterns and the psychodynamic approach centred on the client s experience and relationships can be successfully integrated with insights from cognitive neuroscience to form a fruitful synthesis In doing so they provide a perspective that will enable practitioners to more fully appreciate each client s unique inner world based on their individual history and environment The authors point towards the brain s innate ability to understand and learn from experience so as to direct the growth of that inner world This book elaborates a method of tapping into this innate growth potential so as to help clients move forward when they have become trapped in non productive patterns or mental stalemates It will provide fresh insights and a valuable resource for counselling psychologists counsellors and psychotherapists as well as for academics and students in these fields

The Psychoneuroses and their treatment by psychotherapy Joseph Jules Déjerine,1915 *The Psychoneuroses and Their Treatment by Psychotherapy* Joseph Jules Dejerine,Jules Dejerine,E. Gauckler,1913 *The Publishers' Trade List Annual* ,1989

Lifelong Vocational Guidance Sylvie Chiousse,Patrick Werquin,European Centre for the Development of Vocational Training,1999 This document synthesizes the findings of case studies of career guidance and advice for adults in the European Union Section 1 examines the problems of helping the following groups marginalized individuals in need of vocational or social re integration individuals in the process of becoming marginalized individuals who appear to be problem free and groups adversely affected by the economic recession The case study findings pertinent to the issue of facilitating adults social personal and or occupational transitions are detailed in section 2 Special attention is paid to facilitating vocational integration encouraging self esteem and determination teaching adults to network helping adults make the best use of what they have learned and helping adults reacquire a social role and reintegrate into temporary or permanent settings Section 3 presents the following institutional solutions to the problems of personalizing help advice and guidance and offering guidance for the medium or long term future improving services at the individual level preventing marginalization developing policies at the European and national levels adopting a multidisciplinary and holistic approach and linking passive and active measures Appended is information about quantitative and qualitative methods of evaluating counseling services and evaluation for cost benefit analyses and services adapted to needs The report contains 35 references

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