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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.

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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,

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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.

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

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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

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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.

This sixth edition provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today. Comprehensive and accessible, it now includes two brand new chapters on Mindfulness and Positive Therapy, as well as additional content on ethics, on new developments in each approach,

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including the latest research and updated references. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Each chapter also contains review and personal questions. Richard Nelson-Jones' authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training.

This updated and revised new edition of *Six Key Approaches to Counselling and Therapy* provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches

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from the three main schools of therapy practice: - cognitive therapy and solution-focused therapy from the cognitive-behavioural school - person-centred and Gestalt therapy from the humanistic school - Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Richard Nelson-Jones goes on to review and evaluate all the approaches in his concluding chapter. This excellent textbook is a vital resource for students on introductory courses and those who are starting out on professional training.

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`Life Coaching Skills by Dr Richard Nelson-Jones is an excellent introduction to this rapidly expanding field of work. I can thoroughly recommend this book for both experienced and neophyte coaches. Practitioners from other professions and the layperson may also find the skills useful' - Professor Stephen Palmer, Coaching Psychology Unit, City University `This book provides a wealth of information and expertise founded on tried and tested interventions and cannot fail to improve the skill level of existing coaches as well as those entering the Life Coaching arena' - Gladeana McMahon, Head of Coaching Fairplace plc, Co-Director, Centre for Coaching Life coaching is a rapidly growing area with more and more

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people seeking help to lead satisfying and successful lives. Life Coaching Skills provides a practical introduction to the skills needed to be an effective life coach and incorporates a wide range of practical activities for coaches to use to help their clients develop self-coaching skills. Written by leading skills expert, Richard Nelson-Jones, the book presents a four stage life coaching model based around the core concepts of relating, understanding, changing and client self-coaching. It explores the central skills of coaching used within the model including: establishing the coaching relationship; assessment and goal setting; presentation; demonstration, and consolidation. The main focus of the book is on one-to-one life coaching particularly concerning relationship, work, and

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health issues. The specific skills needed for working with groups are also discussed and ethical issues and dilemmas related to coaching are explored. Life Coaching Skills is ideal for anyone interested in becoming a life coach and for use in training.

`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

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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 Gribcic,

Counselling Psychology Review

Essential Counselling and Therapy

Skills is written for trainees who are beginning to work with clients under

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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

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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.

The personal development group is a feature of many counselling and psychotherapy trainings. How does it facilitate personal development? Could it be more effective? Looking from the perspective of the student, this book offers an insight into the workings of the group and the communications that take place within it. The complex relationship between group and individual is explored in the wider context of culture and society. Through examples and exercises, readers can

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learn about themselves as they learn about the group processes that they are experiencing. Chris Rose charts the course of a PD group through various stages, dealing with fundamental themes such as conflict, authority, resistance and difference. The task is always to keep in focus both the individual experience and the group process. This dual perspective provides group members with important resources to understand and make better use of their own PD group. The elusive task of personal development is vital to the formation of competent counsellors and psychotherapists. Any course that has a PD group will benefit from the understandings that the book can offer, irrespective of theoretical model. This book encourages students to engage with their own development in

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a pro-active and informed manner. It invites them to challenge attitudes and assumptions in a thoughtful self-reflexive style. This book also provides an introduction to group work that will be valuable for those who are no longer students but are curious about what happens in groups. Whatever the stage of development, there is material to engage and stimulate the reader.

Drugs and alcohol. Self-injury. Eating disorders. Puberty. Suicide. Sexual purity. These are just a few of the challenges facing teens and young adults today. This concise, topical guide to the Bible is the perfect tool for parents and youth pastors wanting to provide scriptural guidance to youth regarding the issues they face in their formative years. Now updated, revised, and expanded with new

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