

practical counselling skills

an integrative approach

kathryn geldard
and david geldard



Practical Counselling Skills Train

Richard Nelson-Jones



Practical Counselling Skills Train:

Personal Counseling Skills Kathryn Geldard, David Geldard, 2008 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 OCOs 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

Practical Counselling Skills Kathryn & David Geldard, 2017-03-21 This is a comprehensive course text for training new counsellors in basic and more advanced counselling micro skills which come from a number of therapeutic approaches The book enables new trainees to learn how to make informed choices about the type of skill to use and how to integrate it within a sequential counselling process It discusses practical issues including ethics and culture record keeping supervision and the counselling environment and offers explanation of the therapeutic approaches related to particular micro skills and the ways to best combine them to facilitate change and provide effective practice This accessible introduction to counselling skills is essential reading for teachers and trainees alike an excellent course text for training new counsellors from a number of theoretical approaches

Practical Counselling and Helping Skills Richard Nelson-Jones, 2013-11-14 This sixth edition provides a step by step guide to using counselling and helping skills with confidence and proficiency The author's three stage model of counselling relating understanding and changing is designed to facilitate developing lifeskills in clients and to help them to change how they feel think communicate and act It includes new chapters on Technology mediated counselling and helping with updated research and references throughout Using practical activities and case examples the book takes you beyond the basics to more advanced skills making it an essential companion for all counselling skills courses 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 *Practical Counselling & Helping Skills* Richard Nelson-Jones,2005-10-03 The new Fifth Edition shows Richard Nelson Jones at his very best clear concise and helpful in a practical way I strongly recommend this text Windy Dryden Professor of Counselling Goldsmiths College London A welcome update creating a powerful and stimulating learning experience Pat Beardsworth Director Welsh Centre for Counselling Psychology Swansea Richard Nelson Jones s use of lifeskills counselling provides significant added value to our services particularly with our more difficult clients David Stratford Director Davidson Associates Melbourne An excellent practical book packed with useful information An ideal text for training courses Stephen Palmer Centre for Stress Management London This book provides a secure base from which the counsellor can practice in an empathic effective and ethical manner Robert Bor Professor of Psychology City University London A unique combination of theory skills and practical activities in a highly informative and impressively detailed text Ken Fisher Bolton Institute A great training book extremely useful for a wide variety of counselling helping and pastoral care settings Dr Ron Perry Director Institute for Counselling Sydney Australia Invaluable and interesting text and exercises for building a broad range of counselling skills Dr Doug Farnill Faculty of Medicine Sydney University Australia This new Fifth Edition of Richard Nelson Jones bestselling *Practical Counselling Helping Skills* presents the core skills needed to be a successful counsellor Fully revised and updated the text is based on the Relationship Understanding Changing RUC lifeskills counselling model This provides a systematic approach for clients to develop specific lifeskills to change how they feel think communicate and act and this book provides ways for the counsellor to facilitate this

EBOOK: Counselling Skills: A Practical Guide for Counsellors and Helping Professionals John McLeod,Julia McLeod,2011-04-04 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

Practical Counselling & Helping Skills Richard Nelson-Jones, 2005-05-27 The new Fifth Edition shows Richard Nelson Jones at his very best clear concise and helpful in a practical way I strongly recommend this text Windy Dryden Professor of Counselling Goldsmiths College London In praise of Fourth Edition A welcome update creating a powerful and stimulating learning experience Pat Beardsworth Director Welsh Centre for Counselling Psychology Swansea Richard Nelson Jones's use of lifeskills counselling provides significant added value to our services particularly with our more difficult clients David Stratford Director Davidson Associates Melbourne An excellent practical book packed with useful information An ideal text for training courses Stephen Palmer Centre for Stress Management London This book provides a secure base from which the counsellor can practice in an empathic effective and ethical manner Robert Bor Professor of Psychology City University London A unique combination of theory skills and practical activities in a highly informative and impressively detailed text Ken Fisher Bolton Institute A great training book extremely useful for a wide variety of counselling helping and pastoral care settings Dr Ron Perry Director Institute for Counselling Sydney Australia Invaluable and interesting text and exercises for building a broad range of counselling skills Dr Doug Farnill Faculty of Medicine Sydney University Australia This new Fifth Edition of Richard Nelson Jones bestselling Practical Counselling Helping Skills presents the core skills needed to be a successful counsellor Fully revised and updated the text is based on the Relationship Understanding Changing RUC lifeskills counselling model This provides a systematic approach for clients to develop specific lifeskills to change how they feel think communicate and act and this book provides ways for the counsellor to facilitate this change Practical Counselling Helping Skills guides the reader through the three different stages of the RUC model relating understanding and changing Areas

covered include how to listen to and understand the client and their problem the assessment of feelings reactions and communications intervention ethical issues The book is packed with case studies and practical examples for the trainee counsellor and the activities within each chapter enable the student to put theory into practice This text will be invaluable to all those undertaking counselling training for the first time in a variety of different settings

Introduction to Counselling Skills Richard Nelson-Jones,2000 Introduction to Counselling Skills explains generic counselling skills and the way in which they can be used to help people to develop their full potential and draw on their own resources

Basic Personal Counselling David Geldard,1999 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

Coaching and Counselling Skills M. G. Williamson,1986

Practical Counselling and Helping Philip Burnard,2013-05-13 Practical Counselling and Helping is a practical jargon free guide to counselling It offers clear information about how counselling and helping may be put into practice whilst acknowledging and discussing its limitations Contents include what is counselling and helping basic counselling and helping strategies handling difficult situations further personal development Drawing from a range of counselling methods and offering a useful and detailed reading list Practical Counselling and Helping will appeal to all students in the health professions and to all those professionals requiring a clear account of how they might improve their own communication skills

Counselling Skills Training Philip Burnard,1992 This is a practical training resource for use by trainers running any type of counselling skills workshop Divided into two parts Part 1 of the book provides all the information a trainer will need to run the activities in Part 2 The manual explains when counselling skills training is appropriate and what it consists of how to set up and manage counselling skills workshops how to evaluate the success of the workshop the importance of the process of experiential learning learning by doing and how to make the best use of the activities included It provides useful checklists for trainers use

Teach Yourself Counselling Aileen Milne,2003 Understand Counselling will give you a clear understanding of the main counselling theories and help you develop vital counselling skills It will introduce you to the three main branches of counselling psychodynamic therapy person centred therapy and cognitive behavioural therapy and familiarize you with the key features of each one Whether you are interested in training as a counsellor are considering counselling yourself or simply want to become a better communicator this book will give you confidence and understanding Learn effortlessly with a new easy to read page design and interactive features Not got much time One five and ten minute introductions to key principles to get you started Author insights Lots of instant help with common problems and quick tips for success based on the author s many years of experience Test yourself Tests in the book and online to keep track of your progress Extend your knowledge Extra online articles at www.teachyourself.com to give you a richer understanding of counselling Five things to remember Quick refreshers to help you remember the key facts Try this Innovative exercises illustrate what you ve learnt and

how to use it Counselling Skills for Health Professionals Donald Glenn Byrne, Anne Byrne, 1996 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* *Personnel Management*, 1983 **The Theory and Practice of Counselling** Richard Nelson-Jones, 1995 **The Practice of Psychology in the 1980's** Floranie P. Jacob, 1980 **Guidelines for Training in Libraries**, 1986 **Directory of Postgraduate Studies 2002** Hobsons Publishing, PLC, 2001 **Theories of Counseling and Psychotherapy** Allen E. Ivey, 2007 What colleagues are saying about the thoroughly revised and reorganized Sixth Edition of *Theories of Counseling and Psychotherapy A Multicultural Perspective* Finally a textbook that emphasizes the new Positive Psychology movement The more I read this text the more I like it Meredyth G Fellows West Chester University of Pennsylvania It brings a fresh perspective postmodern multiple perspectives multicultural intentionality concepts not addressed in my text and other similar texts to understanding theories of counseling and psychotherapy Claire Sham Choy California State University Fresno Finally a textbook that centralizes multicultural feminist social justice movements and positive psychology as well as constructivism and postmodernism without tacking them on to the end A terrific book for a master s or advanced undergraduate course in theories or in multicultural counseling Sharon Horne The University of Memphis The strength of this text is that it integrates multicultural issues into each chapter and utilizes multicultural examples to explore different theories This integration is coupled with the specific discussion of multicultural theory as a theory in and of itself The multidimensional approach to multiculturalism champions the current thinking of our time that celebrates an integrative and infused perspective Nicole Hill Idaho State University Package *Theories of Counseling and Psychotherapy A Multicultural Perspective* with MyHelpingLab at no additional cost to your students Use Special Order ISBN 0 205 51311 5 MyHelpingLab Advertisement

Issues in Professional Counsellor Training Windy Dryden, Ian Horton, Dave Mearns, 1995 This text considers the major issues that need to be addressed when designing and running a professional counsellor training course The authors emphasize that good professional counsellor training integrates personal practical and intellectual aspects of trainee functioning Chapters discuss the nature of professional counselling training the importance of core theoretical models skills training self development client work supervision professional development assessment and evaluation and staffing issues

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