

# Counselling and Helping

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## Counselling and Helping

Second Edition

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This new edition is an indispensable introduction to the core principles of counselling for those interested in counselling and those considering training. It describes the main styles of counselling, provides an excellent framework for helping, and introduces some of the approaches and key tools used within a counselling relationship. Offers a stimulating and highly accessible introduction to the key aspects of counselling. Recurring case studies to illustrate clearly the practical application of the range of styles and approaches in counselling and experiential exercises are included in each chapter to facilitate the reader's learning and understanding. Guides the reader, in a straightforward, readable style, through the main issues that arise within counselling/helping relationships. A book to enthuse, excite and empower those contemplating counselling training, or those who have embarked on a course and want a broad introduction.

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