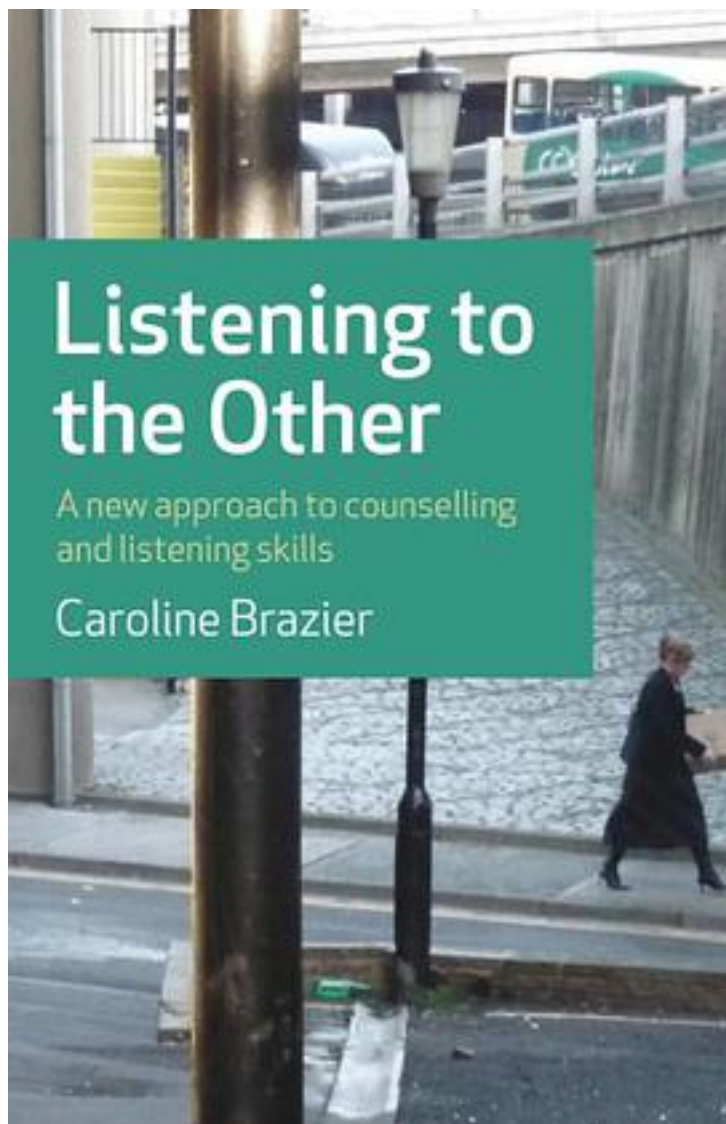


Listening to the Other



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This book provides a systematic approach to developing skills. It also explores the role of the listener in different contexts and the particular issues associated with working in situations where the usual boundaries of counselling are not in place. It suggests ways of offering a caring response to others and helping them to move towards healthier ways of relating and functioning in the world. Written in an easy style which avoids jargon, the book contains exercises which the reader may use to integrate the subject matter. Activities are framed in ways which make them accessible to the reader, who is studying alone, but this book is also suitable for groups to follow, and to this purpose, some guidance is given on ways of learning and practising skills in a group.

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