

Introduction to Counselling Skills



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'This book is a superb reference for counselling skills trainers and students. It presents practical key skills that are described and discussed clearly and concisely' - Dr Margaret E Smith, Programme Leader, University of Derby. 'This Third Edition interestingly adds two relevant sub-themes to its impressive range of subject matter. The text offers a sound, practical and accessible introduction that serves to ground the purpose, application and practice of counselling skills' - Gerry Skelton, Social Work and Counselling educator, trainer and practitioner. "Introduction to Counselling Skills, Third Edition" is designed to help readers acquire and develop the counselling skills key to effective helping relationships, using an easy-to-follow, three-stage model. Richard Nelson-Jones details each stage in the helping process, using examples to demonstrate counselling skills in a variety of contexts. Showing how skills work in practice and the diversity of issues they can help to address, this book covers: what counselling skills are; improving listening skills; assessing feelings, thinking and communication; improving thinking skills and communication skills; conducting sessions; and, ethical issues. For the Third Edition, "Introduction to Counselling Skills" has been fully updated, adding new material on relaxation techniques and managing crises. Combining a clear explanation of skills with a host of practical activities, this is the ideal text for introductory courses in counselling skills, counselling and other

professional areas including health care, management, education and social work. Richard Nelson-Jones is a Fellow of the British Psychological Society and of the BACP. He divides his time between London and Chiang Mai, Thailand.

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