

Basic Personal Counselling A Training Manual

Basic Personal Counselling: A Training Manual for CounsellorsBasic Personal CounsellingBasic Personal CounsellingPersonal CounsellingPERSONAL COUNSELING SKILLSPersonal CounsellingPersonal CounsellingPersonal and Professional Development for Counsellors, Psychotherapists and Mental Health PractitionersPersonal Development Groups for Trainee CounsellorsBasic Personal CounselingThe Nigerian Journal of Guidance and CounsellingPersonal Development in Counselling and PsychotherapyThe Divine LiturgyUnderstanding Person-Centred CounsellingAmerican Journal of PsychotherapyMature Students, Entry to Higher EducationParliamentary PapersCounselling for ChangeExperiential PsychotherapyPersonal Development in Counsellor Training David Geldard David Geldard David Geldard J. H. Wallis Kathryn Geldard Joachim M. Fuster John McLeod Jayne Godward David Geldard Sofie Bager-Charleson Herbert Mortimer Luckock Christine Brown Judith Bell Great Britain. Parliament. House of Commons Linda MacLeod Richard E. Felder Hazel Johns

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basic personal counselling is an easy to read introduction to counselling that reflects current best practice it teaches core interviewing skills and provides a framework of practical examples and training group exercises to enable students to progressively build a skill repertoire the book is designed to prepare students for field placement and therefore has a strong vocational focus introduces counselling skills in a logical sequence and provides practical examples of the skills in action discusses the process of change involved in counselling provides approaches for counselling people with specific problems such as anger depression grief suicidal ideation discusses professional issues including confidentiality ethics record keeping

basic personal counselling bpc is an easy to read introduction to counselling skills for both professional and volunteer counsellors and workers in the helping professions this ninth edition of basic personal counselling includes new content on self care and the use of technology in counselling as well as examples of counselling skills in practice it encourages you to find ways of testing out your assumptions and discover if there is more that you could do or learn to improve and develop in your chosen career journaling video recording with playback and reflecting team supervision are explained as opportunities to process and monitor your practice along with easy to use templates to record your progress

this revised first edition is a comprehensive easy to read introduction to personal counseling written for professional and volunteer counselors and those who train them a major new addition to the book making it particularly attractive to those who train counselors is the inclusion of training group exercises for all skills chapters after reading a particular chapter the exercises relating to that chapter in part vi of the book can be used by trainers to greatly enhance the learning process these exercises have been found to be popular with both students and those teaching 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 clients 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 discussion of the specific skills required for success practical suggestions on ways to learn and develop new skills an understanding of the role of a counselor s 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 the 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 human services and education

this book provides a comprehensive accessible and research informed approach to personal development issues associated with the role of a counsellor therapist or mental health practitioner written by leading authors in the field the book is designed to help both trainees and experienced therapists to be more effective in their work with clients by deepening and consolidating their understanding of all aspects of personal and professional development making use of their personal strengths resources and life experience drawing on colleagues mentors and the wider professional community as sources of learning support and inspiration the first part of the book explains the nature of the personal and professional development issues that are experienced by therapists the second part provides a set of learning tasks that invite reflection on all aspects of therapist development this engaging and accessible book reminds us that like our clients counsellors are works in progress although written primarily for trainee counsellors there is much here for the experienced therapist supervisor group leader or counselling course trainer to admire and to learn from therapy today july 2014 john and julia mcLeod have written a superb text that is a rich personal development resource for students practitioners and lecturers mark widdowson lecturer in counselling and psychotherapy university of salford uk the book offers an excellent resource for counselling psychotherapy and mental health trainers with rich resources to inform student and tutor work i highly recommend this valuable addition to the resource and knowledge base lynne gabriel associate professor york st john university uk a fantastic book this is a comprehensive engaging and valuable resource that integrates theory and research in an accessible and relevant way steff revell lecturer counselling and psychotherapy university of cumbria uk this book offers an invaluable resource for counselling trainers and students alike it succinctly maps out the terrain of personal and professional development and the importance of these concepts for practice brian rodgers

lecturer in counselling the university of queensland australia

personal development pd groups are a key feature of many counsellor training programmes personal development groups for trainee counsellors an essential companion is a comprehensive and accessible study guide written by experienced tutors and lecturers to support students with their pd group work and other personal development activities helping students to get the most out of these experiences this essential resource is aimed primarily at those who are new to counsellor training it will also be useful for anyone who wants to understand more about the nature of pd groups and how these can be used effectively case studies questions and activities encourage readers to reflect on different topics and on themselves including looking at how to improve self care and how mindfulness can help the book looks at the historical background to pd groups how they can be used effectively and also real life experiences from both tutors and recent students other chapters invite the reader to develop their self awareness through gaining an understanding of how ethics relationships and identity are developed there is a discussion about the merits or otherwise of mandatory personal therapy for trainees and also a discussion about the use of supervision finally other important aspects of personal development are discussed including personal therapy supervision self care and mindfulness personal development groups for trainee counsellors will be of use to counsellor trainees on undergraduate and postgraduate diplomas to introduce them to pd groups and other essential activities it will also be highly informative to those who are on counselling certificate courses to introduce them to aspects of personal development as well as for tutors to support them in their work as pd group facilitators

a straightforward and accessible guide to personal development in counselling and psychotherapy

this book provides a key introduction to the theory concepts and practice of the person centred approach through the lens of the practitioner s experience and personal development writing as someone who has been through real life challenges and has developed and learned as a result the author s strikingly personal style not only helps to contextualise complex and nuanced theory but makes this a truly unique book about real person centred practice and experience from roger s early philosophy through to the current developments and

controversies in the field the author uses personal testimonies exercises and reflection points to make challenging concepts and practice issues accessible for the novice reader what results is an informative and fascinating read for all those training and interested in the person centred approach

this document traces the convergence in counselling approaches across disciplines world views and places of work and communicates the insights emerging through the current search for more effective counselling approaches it examines some current trends in counselling for battered women and their children describes some programs that reflect this convergence and highlights some issues challenging counsellors concerned with meeting the needs of these women and children it contains information obtained primarily through interviews with counsellors working in 60 different programs services or settings and with battered women and their children

this book provides the answers to that all important question what are personal and professional development and why are they necessary for counsellors this new edition explores the importance of personal development and the core concepts that underpin it the aims commonalities and differences of personal development in different settings and levels of training the key differences in theoretical approaches and their implications for personal development communication and relationships between counsellors and professional organizations society and the virtual world with all its demands on identity privacy and congruence the trainee and trainer and the challenges of personal development packed full of vivid accounts of personal experiences questions and points for reflection this book will prove an essential companion for anyone wishing to grow personally and professionally as a therapist hazel johns is a fellow of bacp and has been for many years a trainer supervisor and bacp accredited counsellor

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