Effective Counselling with Young People

Hazel Reid and Jane Westergaard



John Henden

Effective Counselling with Young People Hazel Reid, Jane Westergaard, 2011-05-20 This book examines key theoretical counselling perspectives and applies these specifically to work with young people It establishes how to build counselling relationships in order to support young people and enable them to achieve positive outcomes and to manage their lives effectively It also identifies the key counselling skills needed to engage in purposeful helping conversations There are sections on understanding adolescent development exploring person centred principles and understanding and using motivational interviewing all of which help to blend academic theory with the realities of practice Theory, Research and Practice 3e John McLeod, Julia McLeod, 2022-02-09 An ideal companion for any therapy programme Dr Marcella Finnerty IICP College President Dublin Ireland This text really is a must have for all involved in working with others to empower and enable through a collaborative process Prof Andrew Reeves Professor in Counselling Professions and Mental Health University of Chester and BACP Senior Accredited Counsellor Psychotherapist UK For students of counselling and psychotherapy this is an invaluable resource that you will keep returning to during and beyond training Nicola Blunden Director of Studies Person Centred Pluralist Counselling Metanoia Institute UK Essential reading for any student trainee or experienced professional in the field Hanne Weie Oddli PhD Clinical psychologist and Associate professor at the Department of Psychology University of Oslo Norway Counselling Skills Theory Research and Practice provides comprehensive coverage of all aspects of the development of interpersonal helping skills used by counsellors psychotherapists life coaches mental health workers and practitioners in allied fields of practice Distinctive features of its approach to this topic include Attention to the cultural and historical aspects of counselling skills Tailored support for evidence based practice Grounding in training models such as self practice and deliberate practice. This new edition contains a wide range of learning tasks and reflection points to enable readers to work individually or with learning partners to deepen self awareness theoretical understanding and practical skills Specific chapters focus on Theoretical frameworks for making sense of counselling skills Listening empathy and shared understanding Nonverbal and embodied presence Dealing with difficult situations in counselling This book is a must have for students and trainees who are in the process of acquiring and developing counselling psychotherapeutic and helping skills as well as a staple resource for experienced practitioners wishing to review and consolidate their skills Julia McLeod is Lecturer in Counselling at Abertay University Dundee UK She has been a counselling trainer and tutor with students from many different backgrounds as well as having extensive experience as a therapist and supervisor John McLeod is Emeritus Professor of Counselling at Abertay University Dundee and Visiting Professor at the Institute for Integrative Counselling and Psychotherapy in Dublin Ireland A leading figure in the field of counselling and psychotherapy research his recent work has focused on the development of a flexible pluralistic approach to therapy Skills in Counselling and Psychotherapy with Children and Young People Lorraine Sherman, 2014-11-10 As interest and

training in counselling children and young people continues to grow it is essential that counsellors are equipped with the skills to work with this client group In this book Lorraine Sherman draws on her years of experience in the field to provide a practical resource for qualified and trainee counsellors providing them with the necessary skills to ensure best practice with children and young people Distinguishing between working with young children and with adolescents skills covered include establishing a therapeutic relationship assessing a young client contracting counselling practice understanding and maintaining confidentiality and disclosure Using case studies and examples to help demonstrate skills in action this is essential reading for anyone planning to become or already engaged in the helping professions with young people

Counselling and Supporting Children and Young People Mark Prever, 2010-02-16 This book is the ideal introduction to counselling and supporting children and young people Taking a person centred approach Mark Prever offers readers a clear understanding of the theory and practice of working with children and young people in difficulty whether in a therapeutic school or social work setting This practical text specifically addresses both the counsellor and the helper who may be unfamiliar with counselling jargon contains exercises points for further thought and discussion and boxed notes thoroughout highlighting exactly how the theory applies to the child or young person discusses ethics the current political agenda and evidence based practice This book is a must read for trainees and professionals working with children and young people in the fields of counselling and psychotherapy education mental health nursing youth work and social work The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Terry Hanley, Laura Anne Winter, 2017-09-20 At over 700 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners Effective Counselling with Young People Hazel L. Reid, Jane Westergaard, 2011-01-01 Online Guidance and Counseling: Toward Effectively Applying Technology Popoola, B.I., 2012-02-28 This book offers a collection of case studies and research from around the globe comparing and contrasting instructional design and guidance methods from developed and developing countries alike Provided by publisher

Counselling Young People Louise Porter, 2023-12-28 Practical and clearly written this new book from best selling author Louise Porter equips mental health professionals with the knowledge and skills they need to provide insightful guidance and support to children and adolescents The book introduces exciting new models for thinking about young people s needs self esteem and resilience that will invigorate counselling It outlines the most common presenting difficulties for young people and provides clear practical guidance on how professionals in a counselling environment can respond to these in an effective way Offering a coherent blend of theories and practices chapters address a wide range of emotional social behavioural and learning difficulties with which young people may present to counselling such as experiences of grief and loss anxiety and

depression disordered eating and dealing with adversity With an aim to empower the book presents a non pathologising approach to counselling that respects the skills that young people bring to working through their challenges Accessible for professionals and trainees alike this book is a must have for anyone working in a counselling capacity with children and Choosing a Counselling Or Psychotherapy Training Sylvie K. Schapira, 2002-05-03 Takes the reader through all the stages of the therapeutic training path looking at everything from starting a course to employment prospects Informative and realistic The Handbook of Transcultural Counselling and PsychoTherapy Colin Lago, 2011-10-16 With its diversity throughout including almost 40 authors from different therapeutic modalities continents and professional fields the book indeed is both an invitation and challenge and a means to aid transcultural therapists in conducting their work in a sensitive and informed manner It brings to mind a colourful and well stocked market comprising two parts The first provides nourishing food for practitioners such as contributions to theory use of interpreters training supervision research and case studies The second offers an outstanding exploration of the impact of different cultural backgrounds orchestrated by the editor whose compilation from a UK perspective might be a useful example for other cultural and language areas The involved reader will be delighted to have this inspiring handbook to hand Gerhard Stumm Ph D psychotherapy trainer Vienna Therapists pride themselves on cherishing the uniqueness of every client This book offers a powerful challenge for it plainly demonstrates that a commitment to honouring uniqueness cannot be divorced from a sensitivity to the cultural racial spiritual and ethnic differences that clients present in an increasingly multicultural society Here is an impressive compendium that illuminates the many clinical training relational and supervisory issues involved together with the widest range of contributions from diverse cultures that I have ever encountered in one volume Colin Lago is to be congratulated on editing an invaluable resource which is both stimulating and disturbing in its implications Brian Thorne Emeritus Professor of Counselling University of East Anglia and Co founder of The Norwich Centre This fascinating book examines recent critical thinking and contemporary research findings in the field of transcultural counselling and psychotherapy It also explores the effects of different cultural heritages upon potential clients and therapists The first part of the book reflects the curriculum context and content of counselling and psychotherapy training courses with regards to sensitivity to diversity It covers key issues such as Implications of identity development for therapeutic work Ethnic matching of clients and therapists Working with interpreters and bi cultural workers Overcoming racism discrimination and oppression within the counselling process An overview of current research within this field In the second part the authors give personal accounts that explore the impact of cultural heritage on people who have moved from their countries of origin to Western countries such as the UK or the USA The Handbook of Transcultural Counselling and Psychotherapy will be of immense value to a wide range of readers including counselling and therapy practitioners supervisors trainees agency managers and colleagues in other therapy related services Contributors Aileen Alleyne Alison Barty Anita Chakraborty Divine Charura Riccardo Draghi Lorenz Patricia

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Preventing Suicide John Henden, 2017-01-30 New edition of an acclaimed manual which uses the solution focused approach to take an empathetic and validating approach to working with individuals considering suicide Offers invaluable quidance for suicide prevention by showing what works in treating those struggling with suicidal thoughts Provides straightforward ways to deal frankly with the subject of suicide along with a range of tools and techniques that are helpful to clients Includes actual dialogue between practitioners and clients to allow readers to gain a better understanding of how to work with suicidal clients Compares and contrasts a ground breaking approach to suicide prevention with more traditional approaches to risk assessment and management Features numerous updates and revisions along with brand new sections dealing with the international landscape blaming the suicided person Dr Alys Cole King's Connecting with People and telephone work with the suicidal Human Givens Therapy and zero suicide **An Introduction to Helping Skills** Jane Westergaard, 2016-11-08 Readers will be introduced to the three core approaches of counselling coaching and mentoring and shown how they work across a variety of settings including therapy teaching social work and nursing Part 1 takes readers through the theory approaches and skills needed for helping work and includes chapters on The differences and similarities of counselling coaching and mentoring Foundational and advanced skills for effective helping Supervision and reflective practice Ethical helping and working with diversity Part 2 shows how helping skills look in practice in a variety of different helping professions 10 specially written case studies show you the intricacies of different settings and client groups including work in schools hospitals telephone helplines and probation programs Relationship Counselling for Children, Young People and Families Kathryn Geldard, David Geldard, 2008-12-01 If you need one book that s crammed with clinically excellent genuinely well informed and useful ideas for working with family relationships in all their permutations this is undoubtedly it Professor Colin Feltham Sheffield Hallam University This is easy to read and has a clear layout Counselling MSc students may find it an interesting introduction to the topic Times Higher Education Magazine May 2009 This book is a practical skills based introduction to relationship counselling It covers couple counselling for parents whole family counselling and counselling for children and young people with regard to their relationships with siblings peers and parents The text also includes o an introduction to relationship counselling theory and concepts o discussion of the importance of relying on a clearly defined theory of change o ways to address parenting issues o an exploration of confidentiality disclosing inappropriate behaviour and personal safety Kathryn Geldard and David Geldard present an integrative model of relationship counselling which combines skills and strategies from a number of approaches Their practical guide integrates individual and subgroup counselling with whole family counselling providing much needed material on methods and approaches for communicating with children and young people The book will be invaluable to new relationship counsellors learning the skills required in order to bring about change and will be a useful reference book for experienced counsellors Kev Theories and Skills in Counselling Children and Young People Rebecca Kirkbride, 2021-05-19 This book provides a highly accessible skills focused entry point to the interventions techniques strategies and core knowledge you need to work with children and young people Divided into four parts it covers Core Knowledge Understanding Development from 0 18 years Key Skills The Therapeutic Process Key Skills Interventions Techniques Strategies Key Considerations Contexts Client Groups Its bite sized entries include suggested additional resources to help you explore the topic further and throughout the book you will find case studies and exercises to aid your understanding This book is ideal for mental health and therapy trainees and practitioners who need a foundation in working with children and young people Therapy with Children and Young People Colleen McLaughlin, Carol Holliday, 2013-12-10 Therapy with Children and Young People addresses the practice of child therapy in school settings in a unique level of detail The authors adopt a broad ecosystematic integrative approach that considers the influence of family school and the wider community placing emphasis on significant development and attachment issues As well as providing a solid ground in developmental theory the authors explore the contextual and professional issues of working in a school setting A wide range of activities and exercises including using the creative arts to engage with young people through play story metaphor and imagery help you to apply theory to practice in a new way Challenging ethical dilemmas such as sharing sensitive information and communicating with parents and teachers are explored with the support of lively case studies Covering therapy with children from infant to secondary school this book will be your essential resource if you wish to work therapeutically in schools What You Really Need to Know about Counselling and Psychotherapy Training Cathy McQuaid, 2014-03-05 Becoming a counsellor or psychotherapist is a transformative and life changing experience Some trainees manage this process well while others struggle to come to terms with the personal impact of their training In What You Really Need to Know about Counselling and Psychotherapy Training Cathy McQuaid provides an in depth but accessible guide to the processes of understanding individual motivations for wanting to undertake training and choosing the most appropriate course Backed by extensive research the book explains the training process from beginning to end covering topics including entry requirements course curriculum and terms and conditions of training the training relationship and group process the challenges of training the outcomes of counselling and psychotherapy training McQuaid leads the reader through the process of choosing a course working with the course leader and with a group of peers and considering potential employment prospects upon completion Prompting the reader to consider their own personal professional and educational needs within the framework of training this is essential reading for anyone thinking of training as a counsellor or psychotherapist and for trainers and training course providers Researching

Psychotherapy and Counselling Rudi Dallos, Arlene Vetere, 2005-08-16 What are the benefits of conducting research while practising Which research methods are most suitable for busy practitioners How can practitioners weave research into their everyday practice without it becoming a burdensome add on What practical and ethical considerations should counsellors and therapists take into account when researching This book focuses on the issues facing practising clinicians wishing to engage in research It outlines approaches involving both clients and other professionals in the research and argues for approaches that combine an exploration of the experience as well as the effectiveness of therapies With an emphasis on do able research the book examines the dilemmas and challenges for clinicians in recruiting participants and combining research with clinical practice and includes step by step guides to doing research projects Key topics covered include Collaborative research The ethics of research Mixed methods of research qualitative and quantitative Suitable research methods for busy clinicians Practice based evidence and evidence based practice Written by authors with extensive experience of research teaching with clinicians Researching Psychotherapy and Counselling provides a rigorous yet practical guide for trainee and practising counsellors psychotherapists and clinical psychologists as well as allied mental health The Handbook of Person-Centred Psychotherapy and Counselling Mick Cooper, Maureen professionals O'Hara, Peter F. Schmid, 2013-05-31 Thoroughly updated to reflect the latest trends in theory and practice this this substantially revised and extended edition is the most in depth and wide ranging textbook available on person centred psychotherapy and counselling Divided into four parts it examines the theoretical philosophical and historical foundations of the person centred approach the fundamental principles of person centred practice and applications of person centred practice how person centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy and finally professional issues for person centred therapists such as ethics supervision and training Written by a diverse range of expert contributors unified by a more relational ethics based reading of person centred theory and practice this is a comprehensive cutting edge resource for students on all advanced level person centred courses as well as for a wide range of professional practitioners in the field New to this Edition A new introductory chapter looking at contemporary challenges and opportunities for growth for the person centred world Nine further new chapters including work with children and young people older clients arts based therapies addiction and bereavement spiritual dimensions contact and perception working integratively global and political implications Increased use of text learning features to make the chapters more accessible and engaging A greater focus on actual practice with more case studies and examples of therapist client dialogues Increased reference to research A general updating of all chapters to include all relevant references The Handbook of Counselling Children & Young People Sue Pattison, Maggie Robson, Ann Beynon, 2014-11-30 This landmark handbook brings together the fundamentals of counselling children and young people theory research skills and practice It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive accessible and jargon

free Divided into four parts it covers theory and practice approaches including chapters on child development person centred psychodynamic CBT Gestalt approaches and more counselling process including chapters on the therapeutic relationship skills groupwork supervision practice issues including chapters on law and policy ethics diversity challenging behaviour practice settings including chapters on health and social care settings school and education multi agency and collaboration Each chapter includes a chapter introduction and summary reflective questions and activities helping trainees to cement their learning With chapters contributed by leading experts and academics in the field this book is essential reading for trainees and practitioners working with children and young people Counseling Children and Adolescents Sondra Smith-Adcock, Catherine Tucker, 2023-03-28 Counseling Children and Adolescents Second Edition reviews the most relevant theoretical approaches for counseling children CBT emotion focused therapy play therapy systems theory and developmental theories and focuses on connecting key theories to application via case studies The book has an integrated framework that focuses on development and diversity In addition a unique aspect of this text is its focus on neuroscience the developing brain and the impact of early childhood trauma on development Updates to the second edition include new coverage of the multicultural ethical decision model intersectionality implicit bias the impact of the COVID 19 pandemic and new research and citations

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