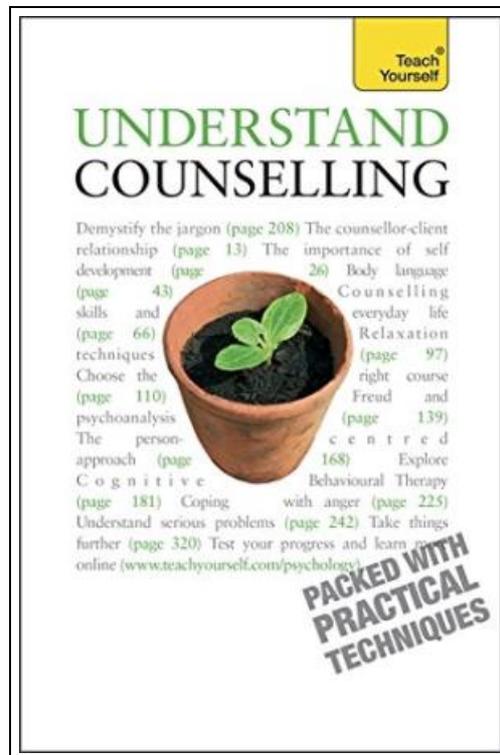


## Understand Counselling: Teach Yourself: Learn Counselling Skills for Any Situations



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Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 4th Revised edition. 197 x 131 mm. Language: English . Brand New Book. Is this the right book for me? Understand Counselling will give you a clear understanding of the main counselling theories and help you develop vital counselling skills. It will introduce you to the three main branches of counselling - psychodynamic therapy, person-centred therapy and cognitive behavioural therapy - and familiarize you with the key features of each one. Whether you are interested in training as a counsellor, are considering counselling yourself or simply want to become a better communicator, this book will give you confidence and understanding. Understand Counselling includes: Part one: The fundamentals Chapter 1: The counselling role Chapter 2: The counsellor's role Chapter 3: Skills used in counselling Chapter 4: The benefits of acquiring counselling skills Chapter 5: Enjoying the exploration Part two - A deeper understanding - training to a professional level Chapter 6: Course Components Chapter 7: The three major approaches Chapter 8: Demystifying the jargon Chapter 9: Dealing with anger Chapter 10: Underlying issues Chapter 11: Cultural Issues Chapter 12: Working Online Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles at to give you a richer understanding of counselling. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.



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