

Basic Personal Counselling A Training Manual For Counsellors 7th Edition Free Download

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The Nigerian Journal of Guidance and Counselling
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Commission of the European Communities

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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

tim bond covers the major responsibilities which counsellors must be aware of before they take on clients a wide range of ethical problems are discussed and advice given for resolving these dilemmas

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Introduction

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