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are you thinking of embarking on professional counselling training and in need of a clear overview of the therapy profession well look no further this down to earth guide will provide you with the ideal way in by explaining what it really means to become a professional counsellor what is involved in training and real life practice sally aldridge director of registers at bacp will take you step by step though what counselling actually is introducing its basic concepts historical development research base and structure of the profession demonstrating the far reaching influence of counselling the book will show you how its concepts have been applied beyond the consulting room and examine the recent place of counselling in the nhs and wider mental health care

the best simply got better the first edition of this book was already quite simply the best introduction to psychoanalysis ever written and has been appropriately extremely popular with teachers and students alike the thoroughly updated second edition retains all the powerful features of the first including its remarkable clarity and accessibility the field will be greatly indebted to these authors for many years professor peter fonagy university college london a short introduction to psychoanalysis offers a user friendly introduction to arguably the most misunderstood of all the psychological therapies this fully updated and revised second edition explains what psychoanalysis really is and provides the reader with

an overview of its basic concepts historical development critiques and research base demonstrating the far reaching influence of psychoanalysis the authors all practicing psychoanalysts describe how its concepts have been applied beyond the consulting room and examine its place within the spectrum of other psychological theories the text is enlivened by numerous clinical examples new to this edition the book o discusses parent infant psychotherapy and mentalization based therapy mbt o further investigates psychotherapy in the nhs and the iapt programme with more on the debate between cbt and analytic approaches o includes more on dreaming and attachment theory with added examples o includes new research studies and addresses the new field of psychosocial studies this down to earth guide provides the ideal way in to the subject for new trainees for anyone thinking of becoming a psychoanalyst the book also provides information on the training process and the structure of the profession

a short introduction to psychotherapy is an accessible guide to the field for anyone embarking on training or simply interested in finding out more about psychotherapy mapping the development and dimensions of contemporary practice the book explores the origins of psychotherapy its applications in terms of modalities settings and client populations central theoretical concepts the nature of training and career paths for qualified practitioners main critiques both from within and outside psychotherapy a team of well known and highly regarded contributors examine issues which have particular bearing on psychotherapy today this includes the changing roles for psychotherapists working in primary and secondary care and the demand for practice to be more evidence based a useful summary is provided of existing research into the efficacy and effectiveness of psychotherapy looking ahead the book also examines the future of psychotherapy and considers the effect that the proposed statutory registration will have on the field christine lister ford is a director of the northern guild for psychotherapy where she leads the msc in integrative psychotherapy previously she sat on the governing board of the united kingdom council for psychotherapy for 7 years she has chaired international and european training standards groups over a 15 year period her previous publications include skills in transactional analysis

counselling psychotherapy sage 2002 she is a member of the editorial boards of several psychotherapy journals

a short introduction to clinical psychology gives an accessible overview of the field for psychology students and anyone considering training as a clinical psychologist setting out the theoretical and practical dimensions of clinical psychology the authors examine its origins knowledge base and applications with different client groups in different contexts and through different modalities individuals groups couples families and organizations they also highlight issues affecting everyday practice from professional relationships to government policy drawing on the first hand experiences of people who have recently qualified the book describes the process of training and the transition that takes place from trainee to practitioner throughout the book captures a sense of clinical psychology as a dynamic and changing field which has grown up fast alongside other more established professions involved in mental health care and which is continuing to evolve in response to contemporary needs as an overview of the field a short introduction to clinical psychology is an ideal text for undergraduate and post graduate students in psychology and as initial reading for clinical psychology courses

a short introduction to psychiatry is designed to give readers a clear picture of the profession of psychiatry as it is today as well as an understanding of the subject from which to develop further study the author describes the development of the profession the route to qualification and the scope of contemporary practice including the work done by psychiatrists in a range of specialisms from child psychiatry to addiction services and forensic psychiatry drawing on the experience of people who have been through psychiatric treatment the book also explores what psychiatry is like from the patient s user s perspective many criticisms have been levelled against the profession and the author linda gask summarizes key debates which have been and continue to be played out between psychiatry s critics and its defenders a short introduction to psychiatry is for anyone looking into psychiatry for the first time whether with a view to training or out of more general interest

covering key issues in the development of counselling psychology this text is ideal for psychologists considering entering counselling psychology training or those who have already started on this path stephen palmer professor of psychology city university this book provides a thorough yet accessible introduction to counselling psychology written in a highly engaging manner this timely publication will undoubtedly provide an invaluable resource to all that read it ewan gillon senior lecturer in counselling psychology glasgow caledonian university a short introduction to counselling psychology brings together a wide range of information on the theory and practice of counselling psychology written through the lens of direct practitioner experience and incorporating a global perspective the authors offer views on cutting edge issues in counselling psychology discussing the social and historical context philosophical considerations the professional knowledge base training requirements and paths careers and practice the tasks challenges and debates that practitioners deal with in different settings this accessible introduction is of special interest to students considering a career in counselling psychology and to professionals involved in the training and supervision of counselling psychologists as both an up to date review of professional developments in relation to the field of counselling psychology and also more broadly senior practitioners should welcome this resource as a reference covering all aspects of the present professional setting

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