

Radical Change In The World Of Work Counsellors Guide

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the average 21st century career is one of constant change an individual can no longer expect to remain with one organisation his or her entire life achieving managerial status through natural progression today's job market requires constant retraining and adjustment because of skills obsolescence age discrimination and technological illiteracy on the other hand younger or less qualified workers find it difficult to enter the labour market because of a lack of skills or experience career counsellors should be able to help clients to navigate this difficult and changing role the book offers a practical framework within which the career counsellor can work the text explains the role of the career counsellor within the

organisation discusses the key concepts that influence career behaviour explains the use of counselling and guidance tools and techniques offers insight into the profession and practice of career counselling and provides guidance within an international and a south african context integrating theoretical and practical perspectives this book offers a comprehensive overview of career counselling and guidance services practices tools and techniques in an organisational context it consists of five chapters each of which has a summary key terms and review an discussion questions

the book captures the developments challenges and opportunities in the fields of counselling and career guidance in asia highlighting issues and concerns that are unique to asian regions as well as those that are common with other parts of the world this book addresses multiple gaps in the counselling and career guidance literatures it covers eastern contexts and includes a focus on the distinctive needs of rural communities and those of small states gender is a prominent theme as well the chapters in the book are diverse in terms of settings and participants topics and segments of the life span the reader can develop insight about the current status of the counselling and career guidance fields in asian contexts and identify relevant aspects that need change or strengthening the guidelines for policy development that have been suggested in many chapters in this edited volume are of considerable practical value the discussions in the book draw attention to context specific features as well as underscore themes that are recurrent across regions and countries the book has utility therefore for readers from all countries counselling and career guidance in asia will be relevant to students and researchers interested in educational psychology counselling psychology vocational psychology career development human learning the learning sciences and psychological research methods in education and psychology the chapters in this book were originally published as a special issue of british journal of guidance counselling

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guidance and counselling is very important part of activity in educational institutions all over the world but in india literature on this subject is very scanty in the present book guidance and counselling in india an attempt has been made to fulfil this need in the wake of changing pattern of socio economic socio educational and socio cultural systems which are forming complex shape owing to advancement in science and technology and changing nature of human behaviour and a person s adjustment with his family community and society after classifying the concept of guidance the book studies its relationship with educational specialities its areas its types such as self guidance and guidance to other individuals it proceeds to discuss professional counselling and explains counselling of individuals and in groups it examines counselling for vocational development and leisure time guidance the subjects discussed in the book include guidance services in india student

counselling group guidance collection filing and dissemination of occupational information psychological aspects of vocation vocationalisation vocational guidance the world of work and occupations institutions of higher learning and the world of work job analysis educational guidance pupil personnel work in indian schools new pattern of education and guidance services guidance and counselling in indian colleges and universities ueigb and usab individual testing and non testing devices in guidance guidance in adolescence guidance of problem children guidance of backward children and guidance of gifted children the book ends with a look at the future development of careers education and guidance and highlights some useful strategies for change this voluminous work on guidance and counselling fulfills the requirements of students teachers psychologists professional counselors and practitioners in this field

recognized experts in theory research and practice review and analyze historical achievements in research and practice from counseling psychology as well as outline exciting agendas for the near future for the newest domains of proficiencies and expertise

an excellent introduction readers of this journal looking for a brief but comprehensive introduction to the field of stress management will find this book to be more than adequate for this purpose perhaps the book s greatest strength is the way it has managed to combine insights and research from both occupational psychology and clinical psychology to tackle workplace stress cary cooper would surely be pleased with the authors efforts at what he has termed clinical occupational psychology international journal of social psychiatry this practical guide focuses on the intervention strategies which can be employed by counsellors to help individuals suffering from emotional and physiological stresses engendered in the workplace with key points illustrated by case studies chapters define the nature of occupational stress and provide information about the emotional behavioural physiological and cognitive symptoms which can occur the authors also discuss the factors influencing the problem factors which can be tied to the individual to the work setting and to the larger social context specific coping strategies explored are targeted both at the individual for example relaxation training and stress management programmes and at the workplace for instance job redesign and career planning finally methods that practitioners can use to evaluate their interventions are presented in detail

a substantial proportion of the problems that bring patients to general practice are associated with stress relationships and psychological or psychosomatic responses to difficulty in their lives this book will help all those in the primary health care team to examine their roles as counsellors to those patients themselves or as the gateway to other counselling services the authors who include those working in medicine nursing social work psychology sociology social policy and economics discuss the different points of view regarding the position of counselling in primary care and which team members are the most

appropriate counsellors as the burdens on the primary health care team increase many more health care workers will find themselves becoming involved in the many diverse aspects of providing counselling this is a uniquely practical guide for everybody who wishes to improve their knowledge of this demanding but deeply rewarding aspect of health care

praise for the first edition for those of you who wonder if the counselling approach is of much use for career guidance this book should be informative the importance of working with insight into client feelings is exemplified by insights into the need to address and work through feelings so that blocks to career interest and good decision making can be overcome the book outlines basic counselling skills and more complex ones and many straightforward exercises ways of generating career options career drivers and satisfiers decision making exercises and guidelines for investigating careers this text has made me more aware of the importance of thinking in terms of counselling and group counselling in the work i do relating to careers guidance matters career counselling is often mistakenly described as giving people advice on finding the best career path this fully revised and updated second edition of career counselling explains what career counselling actually is why people seek it and indicates the many contexts where it is used it describes in detail the skills tools and techniques of career counselling useful to both professional career counsellors and those for whom career counselling is just part of their work this practical guide examines the issues typically brought to career counselling and includes a completely new chapter on the role of career counselling within organisations other areas covered include o the dilemmas of independent and in house career counsellors o screening and contracting o ways of facilitating decision making and managing blocks o self management and continuing professional development career counselling second edition stresses the importance of adopting a whole person approach whilst maintaining a career focus illustrated throughout by case studies from the authors experience the book draws on approaches ranging from the humanistic work of carl rogers to solution focused counselling the book contains an invaluable resources section and includes a brand new appendix containing photocopyable exercises which practitioners and their clients can use in conjunction with their counselling sessions robert nathan is managing director of career counselling services london

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