Four Approaches To Counselling And Psychotherapy

Challenging the common belief that conflict in groups and organizations should be prevented or resolved to maintain or enhance performance, Using Conflict in Organizations offers an alternative perspective by presenting the increasing knowledge on how conflict can enhance individual achievement, the quality of group decision-making and productivity in organizations. Part One provides a general framework which links conflict management to performance and shows how this relationship can be understood. The second and third parts develop and illustrate this framework in a series of thematic chapters. Part Two focuses on performance following intragroup conflict, covering topical areas such as dissent, groupthink and strategic decision-making. Part Three deals with the performance-enhancing effect of intergroup conflict and competition, and addresses contemporary issues such as intergroup competition, collective negotiation and diversity management. The final section focuses on applications and intervention strategies that can stimulate conflict in ways that improve performance in groups and organizations.

Electronic Inspection Copy available for instructors here 'At about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill, not to mention application, in sculpting a text that is economically delivered and lucid in its writing' - Dave Mearns, Professor Emeritus, University of Strathclyde, Glasgow 'The field of counselling and psychotherapy moves on but The Sage Handbook of Counselling and Psychotherapy keeps up!' - Professor Sue Wheeler, Director of the Doctoral Programme, Institute of Lifelong Learning, University of Leicester 'This book is the definitive text on the theory and practice of counselling and psychotherapy. The editors are to be commended!' - Professor Robert Bor CPsychol FBPsS CSci UKCP Reg FRAeS, Lead Consultant Clinical, Counselling & Health Psychologist, Royal Free Hospital and Co-Director, Dynamic Change Consultants www.dccclinical.com 'The what's what from the who's who in counselling in psychotherapy' - Professor Del Loewenthal, RCTE, University of Roehampton This long-awaited third edition brings together the fundamentals of counselling and psychotherapy theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know, do, think, feel, and use in a way that is entirely comprehensive, accessible and jargon-free. Including new material on interpersonal psychotherapy, cognitive analytic therapy, pluralistic therapy and mindfulness, as well as body psychotherapy, hypnotherapy, Asperger Syndrome, ADHD, and low self-esteem, this book continues to be essential reading for trainees or experienced practitioners alike. Colin Feltham is Emeritus Professor of Critical Counselling Studies, Sheffield Hallam University, Fellow of the British Association for Counselling and Psychotherapy, BACP Senior Registered Practitioner and former co-editor of the British Journal for Guidance and Counselling. Ian Horton is now retired and was Principal Lecturer in Counselling.
and Psychotherapy at University of East London, Chair of the UKRC Executive, a
BACP accredited counsellor and UKRC registered independent counsellor. He is
a fellow of the BACP.

The European Social Fund has often been overshadowed by more visible
European Union social and economic policies. It is, however, integral to the
construction and development of the EU and has played a central role in the
impact of the EU on individual member states. Based upon a study of the ESF
and a range of social policy documents from the Treaty of Rome to the Treaty of
Amsterdam, this analysis examines the connections between the ESF and other
areas of EU policy. The European Social Fund and the EU will be of particular
use to anyone interested in social and economic regeneration across the
European Union.

Four Approaches to Counselling and Psychotherapy

Routledge

This multi-faceted collection of research papers on Advice in Discourse focuses
on advisory practices in different contexts. Data is drawn from academic,
educational and training settings, health-related practices, and computer-
mediated communication. The languages involved are Cantonese, English,
Finnish, Japanese, Spanish and Russian. The chapters treat professional and
institutional practices, practices that contain peer interaction within an institutional
framework, and non-institutional peer interaction, as well as solicited and non-
solicited advice in written and spoken form. The work reported on clearly
demonstrates the complexity of the advisory activity, which needs to be studied in
its cultural framework and interactional context. The richness and diversity of this
practice is studied from different methodological angles, covering qualitative and
quantitative as well as theoretical and empirical analyses. The volume provides a
comprehensive introduction to the research field, thought-provoking theoretical
discussions and extensive references for future research. It is essential for
linguists, advice-practitioners and for those who want to learn more about the
discourse of advice.

Current census reports indicate that over half of the United States will be of
ethnic minority background by 2050. Yet few published studies have examined or
demonstrated the efficacy of currently established psychological treatments for
ethnic minorities. Culturally Adapting Psychotherapy for Asian Heritage
Populations: An Evidence-Based Approach identifies the need for culturally
adapted psychotherapy and helps support the cultural competency movement by
helping providers develop specific skillsets, rather than merely focusing on
cultural self-awareness and knowledge of other groups. The book provides a top-
down and bottom-up community-participatory framework for developing culturally
adapted interventions that can be readily applied to many other groups. Areas
targeted for adaptation are broken down into domains, principles, and the
justifying rationales. This is one of the first books that provides concrete,
practical, and specific advice for researchers and practitioners alike. It is also the
first book that provides an actual culturally adapted treatment manual so that the
reader can see cultural adaptations in action. Summarizes psychotherapy research indicating underrepresentation of ethnic minorities. Describes the first evidence-based culturally adapted treatment for Asian heritage populations. Provides concrete examples of adapted psychotherapy in practice. Clarifies how this framework can be further used to adapt interventions for other ethnic groups. Highlights how principles used to develop this depression-specific treatment can be applied to other disorders. Includes the full treatment manual "Improving Your Mood: A Culturally Responsive and Holistic Approach to Treating Depression in Chinese Americans".

Understanding Career Counselling explores the theory, research, and practice of career counseling from a British perspective and brings them together in one concise volume. The book addresses exactly what is meant by the term 'career' in the 21st century and the implications this has for those working with clients at different stages of their career. This book is unique in that it clearly relates career theories to career counseling, which is often an unclear area for trainees.

Written by a senior examiner, Regina Teahan, this AQA(B) A2 Psychology Student Unit Guide is the essential study companion for Unit 4: Approaches, Debates and Methods in Psychology. This full-colour book includes all you need to know to prepare for your unit exam: clear guidance on the content of the unit, with topic summaries, knowledge check questions and a quick-reference index. Examiner's advice throughout, so you will know what to expect in the exam and will be able to demonstrate the skills required exam-style questions, with graded student responses, so you can see clearly what is required to get a better grade.

"This is a competently edited, reader-friendly publication which fills a previously empty niche in the market. Every applied psychologist should have a copy well within arm's length" - British Journal of Educational Psychology. Applied Psychology: Current Issues and New Directions is an exciting new textbook and a perfect resource for students taking either a focussed degree in applied psychology or a module as part of a wider psychology degree program. Given its breadth of coverage it should also be essential background reading on courses looking in depth at one of the many areas of professional psychological practice. The book is divided into two parts. In Part One, the book reviews the traditional branches of applied psychology (i.e. clinical, educational and occupational psychology); some relative newcomers (counselling psychology, forensic and health psychology); and some less obvious areas (careers guidance, counselling, academia) addressing such issues as training, future trends and developments within each field. Part Two offers discussion of more generic issues facing professional psychologists including the role of research and evidence-based practice in everyday work; trends in higher education; and continuing professional development. The book concludes with a 'Round-Table' discussion involving leading psychologists commenting on trends and new directions in their respective fields. Key features of this book: - Consistently pedagogical throughout - chapter summaries, questions for reflection and discussion and annotated further reading in every chapter - Comprehensive coverage - all areas of applied psychology included - Related to the 'real world' - by reviewing the issues and offering practical advice, this text should help prospective applied psychologists make informed decisions about their careers. This text translates both adult and children's disability legislation and policy guidance into positive, creative, enabling practice methods for professionals in social care, health, employment and independent living.
Through theoretical discussions, presentations of literary works, cultural artefacts and artistic performances, as well as descriptions of novel therapeutic approaches, Topography of Trauma engages in rethinking and re-examining trauma to address the transformed self and empowering post-traumatic developments.

Four Approaches to Counselling and Psychotherapy provides an essential introduction to and overview of the main models of psychotherapy and counselling. With a new preface from Windy Dryden, this Classic Edition traces the development of counselling and psychotherapy, and examines the relationship between the two. The authors consider the four main models - psychodynamic, humanistic, integrative and cognitive-behavioural - before focusing on the most popular approach for each, including person-centred, rational emotive behavioural, and multimodal. Each approach is clearly examined in terms of its historical context and development, its main theoretical concepts and its aims. Written clearly and concisely, the book will have international appeal as an ideal introductory text for all those embarking on psychotherapy and counselling courses. It will also prove invaluable to students requiring a clear introduction to the subject.

This book presents both solution focused and narrative approaches to brief counseling. Acknowledging the expertise of ordinary people in devising solutions to their problems, it reflects the current interest in very brief therapeutic work, which is driven partly by economic considerations and partly by its non-pathologizing ethos. Stressing the role of meaning-making, creativity, and imagination, the book provides a comprehensive account of its subject using extensive case examples to show how solution focused and narrative counseling can be applied across a variety of life's problems and client issues.

A cutting-edge text that provides a comprehensive introduction to mental health problems and criminal behaviour, this book explores the link between mental health and criminality and considers the most common and effective therapeutic approaches for working with offenders and victims of crime. · Part 1 explores the predominant tensions between forensic and therapeutic agendas; · Part 2 considers how criminal and 'insane' identities and careers may be considered gendered, classed, culturally and age-dependent experiences, and be related to power and oppression; · Part 3 examines issues around sex and sexuality in forensic and therapeutic settings; · Part 4 introduces a range of therapeutic approaches for working with offenders and victims of crime; · Part 5 covers forensic and therapeutic practices, including programmes for the prevention of both mental health issues and offending. Edited by an expert team from the Open University and written by a broad range of contributors, this book draws on a wealth of experience in this popular subject area. It will be a key text for students of forensic psychology, counselling and psychotherapy, and for health and social care professionals working in therapeutic and forensic settings.

Independent on Sunday October 2nd One of the country's leading philosophical counsellors, and chairman of the Society for Philosophy in Practice (SPP), Tim LeBon, said it typically took around six 50 minute sessions for a client to move from confusion to resolution. Mr LeBon, who has published a book on the subject, Wise Therapy, said philosophy was perfectly suited to this type of therapy, dealing as it does with timeless human issues such as love, purpose, happiness and emotional challenges. Wise Therapy, is part of a series aimed at promoting an integrative attitude as its ethos. Among all the many perspectives of psychotherapists and counselors, philosophy needs to take its place and needs to find its voice. Tim LeBon has provided an effective means by which counselors can bring philosophy into their work with clients' - APPA journal "Tim Le Bon's Wise Therapy is a comprehensible and well argued book dealing with the practical therapeutic applications of philosophical research that may well be of interest to philosophers but -- as the author himself intends -- will be of most obvious benefit to therapists and counselors, both by informing their dialogue with clients in new ways and by helping them become more informed about ways to resolve the ethical dilemmas arising within
the context of their own work' - Metapsychology 'A fascinating workshop for therapists and
clients, backed up a thorough degree if philosophical acuity' - Journal of the Society for
Existential Analysis 'I strongly recommend the book for philosophers as well as practitioners,
teachers, students and supervisors in counselling and psychotherapy' - Self and Society
'Provides some additional and valuable arrows for the therapist's quiver' - Irvin Yalom, author
of Love's Executioner 'Like Aristotle, Tim LeBon examines what is said and extracts what is
best from it.... There are many fascinating exercises designed to bring out and enlighten the
client's values, conception of the good life, well-being, happiness, pleasure, and the proper
place of reason in life.... Wise Therapy is well written and engaging. The case histories are
illuminating examples of therapeutic techniques at work, the thought experiments are well
designed, and the philosophical position adapted from the internal debates of the philosophers
is level headed.... I recommend it highly to philosophers with an interest in counselling, and
psychological counsellors with an interest in philosophy' - Jeff Mason, The Philosophers'
Magazine 'Tim LeBon has... authored a text which should become a staple on the
philosophical counsellor's bookshelf.... Wise Therapy is a concise, well-written book.... His
ability to relate philosophical concepts to counselling concerns is admirable and attests to the
skill and knowledge he possesses as a working counsellor. But, by far the most important part
of Tim LeBon's book to PC is the last chapter, "The Counsellor's Philosophical Toolbox" - Craig Munns in The Examined Life ' Tim LeBon has done a good job of offering practical
approaches to some of the most important and vexing issues that arise in counselling.... Tim
LeBon's book contains helpful suggestions, practical information, and useful examples, and
would make a good addition to the library of any counsellors willing to allow philosophy to turn
mere client sessions into wise therapy' - Peter Raabe, Practical Philosophy Wise Therapy is an
original and practical guide to how philosophy can benefit counselling and psychotherapy. Tim
LeBon argues that therapy, informed by philosophy, can help clients make better decision and
achieve emotional wisdom. He uses philosophical approaches to explore issues of right and
wrong, the emotions and reasons, well-being and the meaning of life, and develops a
'counsellor's toolbox' of techniques that can help practitioners apply the wisdom of philosophy
to good therapeutic practice. For counsellors who may find philosophical approaches to
therapy useful, this work addresses key philosophical topics - the emotions, free will, the
meaning of life and ethics. It is jargon-free where possible and assumes no previous
philosophical training. From The Independent, 16th November 2004 Plato is my agony aunt It
was the end of a love affair that broke her heart. Could the wisdom of the great philosophers
show her how to be happy again? Claire Smith tries a novel form of therapy "The unexamined
life is not worth living," Socrates said. Nor is the life you're left with after your boyfriend has left
you for another woman - at least, that's how it felt in October last year when mine broke rank
and went off with an art student from Cleveland, Ohio. We were over there for the opening of
his new art exhibition. He'd flown over four days before me and had met her at a party.
Supposedly, they "connected". The five months that followed were a roller-coaster of
confusion, vitriol and despair. I knew there'd been problems in our relationship. We saw the
world very differently; he delighted in the charm of the ordinary, I wanted maximum divinity. He
walked; I galloped. He drank tea; I loathed the stuff. But, along the banks of the Thames, we'd
made a promise to always stick together. Our love was something unique: "transcendental", I
called it. And besides, we recycled. Surely a commitment to save the world would save our
relationship? Alas, no. So there I was, a woman scorned. Hell truly hath no greater fury. And
what made it worse was that I still believed in our transcendental love. If I wanted to change
the way I was feeling, I needed to alter the way I was thinking. But how? A few bottles of wine
and a sharp blow to the head might have done the trick. Fortunately, there's an older, more
trusted way of turning your head on its head that counsellors are starting to use: philosophy.
The idea of employing Plato as an agony aunt was begun in 1981 by the German philosopher
Gerd Achenbach. Although philosophy spends a lot of its time asking real-life questions that affect real-life people - What is happiness? And is it always wrong to lie? - most of the debate goes on in ivory towers. What Achenbach and subsequent philosophers including Tim LeBon, the chairman of the UK’s Society for Philosophy in Practice, wanted to do was “give practical application” to this gigantic library of great thoughts. So how does it work? Like most types of therapy, you sign up for a set of sessions. "Two would give you a new perspective on one issue; six would help you to make a major life-decision, like a career change; with 12 you can start to rethink your entire life philosophy," explains LeBon. Each session lasts 50 minutes and costs £50 - and, no, you don't have to have any previous knowledge of philosophy. "If you think of Friends, it would suit Ross and Chandler more than Joey," LeBon says. "It's for anyone who wants to make their emotions more intelligent. Or for those who have tried other kinds of therapy, and want something more cerebral." The first session begins with the patient venting off about whatever's troubling them. The rant over, the counsellor then picks out some key concepts that are crucial to the problem - in the case of heartbreak, it is love and happiness that come hurtling to the fore - and then gets the patient to define what they mean. So, what is love? What is happiness? To kick-start the patient's thinking, LeBon describes what a great philosopher had to say about it. In my case, he tells me what Plato wrote about love in his Symposium: that to stop man fighting the gods, Zeus decided to cut each human in two, so they would lose their strength. "This, then, is the source of our desire to love each other," Plato said. "Each of us is a 'matching half' of a human whole, because each was sliced like a flatfish, two out of one, and each of us is always seeking the half that matches him." This method of probing what we might think are "obvious" ideas, such as love and happiness, was devised by Socrates in the squares of Athens. "The only thing I know is that I know nothing at all," he boasted. What Socrates showed was that although many of the thinkers of his time thought they knew what justice, happiness and goodness meant, their understanding was tied in to their personal agenda and world view, and, what's more, when pushed, their ideas often contradicted themselves. A bit like me on love. Whereas part of my understanding of love was something that gave life meaning, made it worth living and bound us together, I also believed that true love was "transcendental": that it was out of this world, and it didn't matter if the two people who loved each other couldn't get along in the day-to-day. Love was bigger than the mundane. But when it came to the next stage of the therapy, critical thinking - "to check out whether your assumptions stand up to examination" - I walked head first into a contradiction. If I think love’s purpose is to make life worth living, but then say it's irrelevant to daily life, surely my two ideas of love are not compatible? As the cogs in my brain start to creak into motion, I feel myself taking a step back from my predicament: thinking about how I've been thinking. This idea I had of transcendental love might have started off as a romantic dream. But when the relationship stopped working, and I found myself feeling trapped and frustrated, I used it to justify the mechanics of a relationship that just didn't work in the daily grind. I used it to lie to myself. In the final stage, LeBon gets me to start thinking about how to go forward. "You can't change what has happened," he says. "You can't change that he's left you, or how you behaved in the relationship. So, as the Stoics did, let's work on controlling the controllables: the things that you can change." To work out what can be changed, he gets me to try out a thought experiment, a method often used in philosophy to imagine other worlds where people can have different codes of behaviour. Thought experiments shatter your preconceived ideas of how the world should be and let your imagination run wild to how the world could be. "I find Viktor Frankl very useful here, the Austrian psychiatrist and concentration-camp survivor who actually believed that everything in life happens for a purpose," LeBon says. "Suppose this break-up did happen for a reason that will work to your benefit," he suggests. "What might that be? The answer might be that you can now focus on something important that was denied in the relationship. Or - the Hollywood version - so you'll meet someone who is really right for you."
Temporarily freed of any sense of responsibility for the relationship that was, and its sorry demise, the list came fast. I could now travel more; he didn't like me travelling on my own, but too often he didn't want to go anywhere, preferring to stay in his studio and make art. I'd love to meet someone with a similar sense of adventure to mine. For the first time in two years, I was being honest with myself about what I really wanted - listening to those voices that we all have inside our heads, and too often try to muzzle. So did philosophy save me? Well, I'm now dating a travel writer I have to run to keep up with. I still haven't got over the fact that my replacement came from Cleveland, Ohio. But I guess I never will. Tim LeBon can be reached by e-mail at timlebon@aol.com

A FEW WORDS FROM THE WISE Compiled by Ed Caesar
- "At the touch of love, everyone becomes a poet" - Plato
- "There is always some madness in love. But there is also always some reason in madness" - Friedrich Nietzsche
- "That man shall live as his own master and in happiness who can say each day 'I have lived'" - Horace
- "The good of man is the active exercise of his soul's faculties in conformity with excellence or virtue... Moreover this activity must occupy a complete lifetime; for one swallow does not make spring, nor does one fine day; and similarly one day or a brief period of happiness does not make a man supremely blessed and happy" - Aristotle
- "There is nothing on this earth more to be prized than friendship" - Thomas Aquinas
- "Whatever you do... love those who love you" - Voltaire
- "Happiness is not an ideal of reason but of imagination" - Immanuel Kant
- "Happiness is a state of which you are unconscious. The moment you are aware that you are happy, you cease to be happy" - Jiddu Krishnamurti
- "Love is an ideal thing. Marriage is a real thing" - Johann Wolfgang von Goethe

I shrink, therefore I am

Therapy has many answers, but some questions require the help of a philosopher, says Clint Witchalls Sunday November 21, 2004 The Observer

Danny had worked in the City of London for 10 years. As a research analyst, stockbroker and fund manager, he'd made a lot of valuable contacts, earnt a lot of cash, and learnt some important business skills. However, as he approached his mid-thirties, he no longer felt good about himself or what he did for a living, and he found his colleagues cold and unfriendly. A chronic illness made him realise his mortality, and he began to reassess his priorities. Danny had been struggling with his career conundrum for nearly five years when he met David Arnaud, a philosophical counsellor. After a few soul-searching sessions, Danny arrived at a decision. Today, he teaches economics to sixth-formers, and he loves it. 'It's a much better lifestyle,' he says. Many people are turning to philosophical counsellors to get answers to questions such as: 'How do I make sense of myself?' 'What is important to me?' 'Where am I going?' These are perhaps not the sort of questions that require psychiatric intervention, but Arnaud, who recently completed the first empirical study of philosophical counselling in the UK, has found that within just five sessions the majority of clients, with important decisions to make, tend to move from a state of concern and confusion to a resolution. Modern philosophical counselling can be traced back to 1981, when the philosopher Gerd Achenbach opened the first practice near Cologne. Achenbach referred to the new discipline as 'therapy for the sane.' Today, there are hundreds of philosophical counsellors around the world, with the movement particularly strong in the US, Britain and the Netherlands. 'The dilemmas people face aren't always primarily psychological,' says Alex Howard, a philosophical counsellor from Newcastle. 'If people face problems that are social or economic, it doesn't make sense to define their problems in purely psychological terms.' Tim LeBon, a founder member of the Society for Philosophy in Practice (SPP) and author of Wise Therapy, adds: 'We are faced with far more life choices than our grandparents, yet have far fewer resources to deal with them. Our grandparents may have gone to a priest or to other family members for advice; most people don't trust these solutions any more and so want to make their own well-informed, well thought-out choices. Philosophical counselling can help these people - people in mid-life crises who are wondering how to make the most of the rest of their life. People who want to take stock of their values.' Where stressed executives might once
have been prescribed a course of tranquillisers or antidepressants, they can now get a dose of Bertrand Russell instead: 'Success is too dearly purchased if all the other ingredients have been sacrificed to obtain it.' While some philosophical counsellors do recommend books for their clients to read, most sessions are about helping the client identify faulty thoughts. For example, a briefing in Aristotelian logic might show a client why their beliefs are erroneous. The person might infer that they're a screw-up because they've screwed up. The counsellor could point out that they're making an error called 'fallacy of composition' - that is, what's true of the part isn't necessarily true of the whole. In philosophical counselling, problems aren't pathologised as they are by the psychiatric profession, and the dialogue between client and counsellor is more like a meeting of equals, compared to many therapies where the client is treated like a patient and seen as someone who is, in some way, inadequate. 'Anybody can benefit from philosophical counselling,' says Howard. 'But it does require someone who is willing to take stock.' Lou Marinoff, author of international bestseller Plato Not Prozac! has done much to promote philosophical counselling. 'Some people who have stabilised their neurochemistry and validated their emotions now wish to examine or re-examine the criteria of their beliefs, the principles of their conduct, or the meaning of their lives,' he says. 'With whom shall they do this? Psychologists and psychiatrists can shed light on such issues - as can rabbis, priests, imams and gurus. Philosophers are now rejoining the ranks of helpers.' LeBon believes certain therapies (such as cognitive behavioural therapy) don't go far enough in helping their clients. 'For instance, if you are anxious about your relationship, a cognitive therapist would try to dispute your catastrophising and jump to conclusions to make you feel less anxious,' says LeBon. 'A philosophical counsellor would do this, but would also look for existential meaning in your anxiety - perhaps you really don't want to be in the relationship and that is what your anxiety is telling you.' LeBon also gives short shrift to psychoanalysts. 'There's very little evidence for the Freudian unconscious, and it's time to move on to more intellectually satisfying and helpful therapies,' he says. However, Alain de Botton, the man who popularised philosophy as self-help, isn't ready to bury psychologists and their ilk just yet. 'The truth is that psychoanalysis grew out of philosophy - it's not some completely new idea, and in fact, done properly, psychoanalysis is philosophical anyway. It may even be dangerous to the mental health of some people to suggest a philosopher rather than a properly trained analyst. The knowledge of analysts when it comes to many emotional problems is now much greater than that of most philosophers.' Guardian Unlimited © Guardian Newspapers Limited 2004 This study examines the theory behind this popular approach within the cognitive-behavioural tradition. It discusses the relevance of cross-disciplinary factors affecting REBT, REBT as an intentional therapy, and irrational beliefs as schemata.

Keeping the Blues Away is a clinically tested programme to help prevent depression from returning: it has also shown efficacy in reducing depression severity. It includes information and exercises to teach coping, cognitive-behavioural and interpersonal skills and strategies to prevent relapses, drawing on a wide array of evidence-based techniques. The ten-step programme aims to support the patient as a whole person, and includes free access to supporting relaxation audio material. The programme is designed for use by GPs or mental health professionals in supporting patients, involving family members or carers where possible, and accommodating medication and the management of co-existing medical problems where necessary. Keeping the Blues Away will be a key relapse prevention tool for primary care healthcare professionals.

Why do I need to learn about CBT and/or the Person-centred Approach? What can these techniques contribute to my counselling training and practice? This
book has some of the answers, showing humanistic, CBT and integrative therapists how to get to grips with each other’s approaches. CBT has become more fully present in the therapeutic landscape and therapists from other modalities are increasingly being required to understand or even train in the approach. Responding to this growing pressure for change, Person-centred therapist Roger Casemore joins forces with Jeremy Tudway. Together they show how counsellors can respect and value each other’s approaches by more clearly understanding the similarities and differences in theory, philosophy and practice. They clarify how therapists draw upon this knowledge in their practice without betraying the values of their core approach. This book is recommended for anyone studying Person-centred or CBT modules on counselling & psychotherapy courses, or experienced practitioners wishing to adapt their practice for NHS settings. Roger Casemore is currently an Associate Fellow in Lifelong Learning at the University of Warwick and has a private practice as a therapist and supervisor of other therapists, based in Worcester. Jeremy Tudway is a Clinical and Forensic Psychologist and a director of Phoenix Psychological Services, Warwickshire. In addition to this he lectures in CBT at the University of Warwick.

At the centre of any caring role is listening attentively to the concerns, narratives and needs of others. But to develop the skills of listening, learning, caring and counselling (LLCC) you need support and training. Written by an experienced and awarded therapist, Listening, Learning, Caring and Counselling is an authoritative, comprehensive guide full of ideas and techniques designed to fill that role. The main emphasis of this highly accessible reference work is on how health and related professionals can assist clients as they work through the issues they commonly present with — such as depression, relationship issues, addiction and grief. Numerous therapies and their related techniques are described and synthesized into the LLCC approach, while case studies, skills and tips for everyday practice make it a practical and user-friendly resource. Listening, Learning, Caring and Counselling is essential reading for counsellors, support workers, case workers, medical practitioners, health professionals — from physiotherapists, pharmacists, doctors, dentists and their assistants to nutritionists and naturopaths — serious life coaches and emergency workers, as well as those in the fields of human resources.

This is the first book to cover theory, policy and practice in all sectors of careers education and guidance provision. It is an essential text for students in initial training, those engaged in in-service and higher degree work.

Struggling to secure the right counselling or psychotherapy placement for you? Unsure of how to deal with complex challenges or how to make sure you get the most out of your placement? Then you have come to the right place! Packed full of hints and tips, advice, checklists and points for reflection, this practical guide will provide you with those all important answers, and more. Key content includes:

- History and background of the placement
- How to get the most out of
the placement - Wider professional and ethical considerations - The placement search, completing the application and tips for the interview - Managing placement relationships - Planning for the Future This one stop shop will provide counselling and psychotherapy trainees with everything they need to know to secure and survive their practice placement.

Core Approaches in Counselling and Psychotherapy is a comprehensive guide to the four main psychological approaches (Humanistic, Psychodynamic, Behavioural and Cognitive) and introduces several of the most common therapies used today. This textbook contains sufficient coverage to explain all of the most important elements of these core approaches and sufficient depth to provide a detailed analysis of the ten main therapies: Person-Centred Therapy, Psychoanalytic Therapy, Behaviour Therapy, Cognitive Therapy, Gestalt Therapy, Transactional Analysis, Rational Emotive Behaviour Therapy, Cognitive-Behaviour Therapy, Multimodal Therapy and Neurolinguistic Programming. The book focuses on the development of each approach and presents the associated therapy in its historical and psychological context, giving a deeper insight into the theories and clarifying the overlap between different therapies. Presented in a unique style, with a clear layout, rigorous content and extensive resources available online, Core Approaches in Counselling and Psychotherapy is an invaluable asset for undergraduate and postgraduate students at all levels of study and is the ideal textbook for any degree or higher-level module in counselling.

In this essential text, the highly regarded Temenos team present a new introduction to the person-centred approach for the Twenty-first-century. Giving a broad and unbiased account, they illustrate how the approach has developed since the death of Carl Rogers and explore how the person-centred philosophy can be an effective working model for both counselling and psychotherapy and for understanding, living and working in a complex contemporary world. The Person-Centred Approach is essential reading for trainees, whether new to counselling or more experienced, and is a vital resource for practitioners wishing to keep at the forefront of the latest developments in the field.

The Wiley Blackwell Handbook of Humanism presents an edited collection of essays that explore the nature of Humanism as an approach to life, and a philosophical analysis of the key humanist propositions from naturalism and science to morality and meaning. Represents the first book of its kind to look at Humanism not just in terms of its theoretical underpinnings, but also its consequences and its diverse manifestations Features contributions from international and emerging scholars, plus renowned figures such as Stephen Law, Charles Freeman and Jeaneanne Fowler Presents Humanism as a positive alternative to theism Brings together the world’s leading Humanist academics in one reference work

The Novartis Foundation Series is a popular collection of the proceedings from Novartis Foundation Symposia, in which groups of leading scientists from a range of topics across
biology, chemistry and medicine assembled to present papers and discuss results. The Novartis Foundation, originally known as the Ciba Foundation, is well known to scientists and clinicians around the world.

The fifth edition of Richard Nelson-Jones’ Theory and Practice of Counselling and Therapy provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today. This comprehensive and accessible book has been substantially revised and updated, and now includes two brand new chapters on solution-focused therapy and narrative therapy by Alasdair Macdonald and Martin Payne. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Each chapter also contains review and personal questions. Richard Nelson-Jones’ authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training.

Assessment is a core component of social work. Since first publication, Assessment in Social Work has provided students and practitioners with a clear overview of the complex issues they face and a map of the theory they need to draw on in order to conduct thorough, effective and meaningful assessments. New to this Edition: - Updated and revised chapter on Signs of Safety/Strengths in light of recent research and guidance - Coverage of recording and sharing information included throughout the text - Added coverage of confidentiality and inter-agency working Updated material in light of the Mental Capacity Act - More material on Cultural differences throughout - Updated legislation and professional guidance throughout Refreshed and updated examples thought-out the text - A more detailed outline of the different national perspectives within the UK

How can therapists integrate theories and practices from across the psychological therapies? This book presents a framework for understanding distress and change that can unite different orientations, along with sociopolitical perspectives. Its starting point is that therapy aims to help clients move towards the things they most deeply want. It shows how the actualisation of these ‘directions’ leads to greater well-being, and how this can be brought about through the development of internal and external synergies. Using in-depth cases, the book provides detailed guidance on how this framework can be applied. After reading this book, you'll feel better equipped to understand, and work with, your clients’ directions—tailoring the therapy to their unique wants.

Published in association with the BACUP, this textbook provides the required knowledge for counselling skills qualifications. The book relates to the activity of counselling skills and addresses the context and roles in which these skills are used. Each chapter of the book contains information and practical activities which are designed to test knowledge. The book offers comprehensive coverage of the following areas: ? Ethics and processes, including the description of the difference between counselling skills and counselling. ? Life stages. ? Theoretical perspectives. ? Values, attitudes and beliefs. ? Listening skills. ? Settings. ? Bullying and harassment. ? Mentoring. The book is ideal for students on counseling skills courses and those using counseling skills in a variety of different environments.

Dealing with the therapeutic impasse is one of the most challenging tasks faced by therapists. The Integrity Model of Existential Psychotherapy in Working with the 'Difficult Patient' describes how the Integrity model of psychotherapy provides an original solution to dealing with difficult issues such as resistance, acting out, counter-transference, guilt, value clashes and cultural diversity. The Integrity model is based on an existential approach to living and views psychological difficulties as stemming from a lack of fidelity to one's values. In this book, the authors explore how this approach to psychotherapy can enhance other therapeutic models or stand on its own to offer a valuable alternative perspective on the causes of mental illness.

Case material is provided to illustrate the value of the Integrity model in relation to a range of
clinical issues, including: Borderline Personality Disorders Antisocial Personality Post-Traumatic Stress Schizophrenia Workplace Stress Addictions. This book provides a provocative and insightful presentation of the subject of impasses, as well as dealing with associated issues including the role of values in psychotherapy, community, spirituality, and therapist responsibility. It will be of great interest to counsellors and psychotherapists. 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.

Developing and maintaining a secure framework for professional practice is a core part of any counselling and psychotherapy training, as all therapists need to understand the key values, ethics and laws that underpin the profession today. But what does being a member of a ‘profession’ actually mean, and what does being a ‘professional’ actually involve? Structured around the BACP Core Curriculum, and with the help of exercises, case studies and tips for further reading, this book covers everything from the requirements of the BACP Ethical Framework to broader perspectives on good professional practice. It includes: Practising as a therapist in different roles and organizational contexts. Working with key issues, including difference, vulnerable clients and risk. Understanding the law and relevant legal frameworks for practice. Working ethically, including contrasting models and approaches to ethics.

The new edition of this popular and userfriendly book has been thoughtfully revised, updated and expanded. Fresh information has been added to keep pace with the rapidly advancing field of counselling and psychotherapy. Learning to Counsel, Third Edition, contains an abundance of illustrative graphics, case studies, examples of skills in practice, practical exercises, and sample letters, forms and checklists designed to stimulate learning. Its predecessor appears on the recommended reading list of several counselling certificate courses. This new revised edition is an ideal text for those contemplating embarking on a counselling course, trainee counsellors, counselling tutors to use in training, professionals working in the area of health care, management, and education, and counsellors working in the voluntary sector. Contents: Illustrations, table, sample forms and letters; Foreword; Preface; 1. Exploring Counselling; 2. Exploring Essential Counsellor Qualities; 3. Developing Self-Awareness; 4. Helping the Client Feel Safe; 5. Helping the Client Explore the Problem (Part 1); 6. Helping the Client Explore the Problem (Part 2); 7. Helping the Client Understand the Problem; 8. Helping the Client Resolve the Problem; 9. Terminating the Counselling Relationship; 10. Counsellor Self-Care; Appendix 1 Sample Forms and Letters; Appendix 2 Suggested Responses to Exercises; Appendix 3 Important People in the Development of Counselling; Glossary; Useful Websites; Further Reading; Index.

The Routledge International Handbook of Critical Mental Health offers the most comprehensive collection of theoretical and applied writings to date with which students, scholars, researchers and practitioners within the social and health sciences can systematically problematise the practices, priorities and knowledge base of the Western system of mental health. With the continuing contested nature of psychiatric discourse and the work of psy-professionals, this book is a timely return to theorising the business of mental health as a social, economic,
political and cultural project: one which necessarily involves the consideration of wider societal and structural dynamics including labelling and deviance, ideological and social control, professional power, consumption, capital, neoliberalism and self-governance. Featuring original essays from some of the most established international scholars in the area, the Handbook discusses and provides updates on critical theories of mental health from labelling, social constructionism, antipsychiatry, Foucauldian and Marxist approaches to critical feminist, race and queer theory, critical realism, critical cultural theory and mad studies. Over six substantive sections, the collection additionally demonstrates the application of such theoretical ideas and scholarship to key topics including medicalisation and pharmaceuticalisation, the DSM, global psychiatry, critical histories of mental health, and talk therapy. Bringing together the latest theoretical work and empirical case studies from the US, the UK, Australia, New Zealand, Europe and Canada, the Routledge International Handbook of Critical Mental Health demonstrates the continuing need to think critically about mental health and illness, and will be an essential resource for all who study or work in the field.

Social Work Practice in Health Care Settings is written by social work practitioners for colleagues in health care settings. It is aimed at teaching social workers how to survive in a rapidly changing health care system. The text emphasizes the role of the social worker in a variety of health care settings with a variety of unique patient disease groups. From community health centres to hospitals and from cancer patients to Alzheimer's victims, this book brings together for the first time the special expertise of social work in responding to various health care needs. One unique feature of this text is the emphasis on the potential for social work role development in each of the particular areas covered. With each article written in a standardized format, it is appropriate for both undergraduate and graduate courses in schools of social work as well as for social work practitioners in the field and allied health professionals.

This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice: - cognitive therapy and solution-focused therapy from the cognitive-behavioural school - person-centred and Gestalt therapy from the humanistic school - Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Richard Nelson-Jones goes on to review and evaluate all the approaches in his concluding chapter. This excellent textbook is a vital resource for students on introductory courses and those who are starting out on professional training.

This sixth edition provides an essential introduction to the major theoretical
approaches in counselling and psychotherapy today. Comprehensive and accessible, it now includes two brand new chapters on Mindfulness and Positive Therapy, as well as additional content on ethics, on new developments in each approach, including the latest research and updated references. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Each chapter also contains review and personal questions. Richard Nelson-Jones' authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training.

Counselling psychology, a rapidly expanding mental health discipline, is rooted in academic psychology and therefore has unique potential of develop and sustain a powerful model for the integration of research and practice. This is the argument of this pioneering book, which brings together contributions from many leading counselling psychologists to show how practitioners are already working along these lines, and how the model can be developed for the future. The aim of the book is to bridge the divide between academic psychology and counselling practice and to encourage professionals to bring ethically aware and culturally sensitive research into the consulting room. It provides a secure grounding for trainees and an excellent resource for experience practitioners. Counselling Psychology: * defines and contextualizes the discipline * examines its potential for future development * shows how research integrated with supervised practice can be applied in professional settings.

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.

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