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Theory and Practice of Counseling and Psychotherapy-Gerald Corey
2016-01-01 Incorporating the thinking, feeling, and behaving dimensions of human experience, the tenth edition of Corey's best-selling book helps students compare and contrast the therapeutic models expressed in counseling theories. Corey introduces students to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, postmodern, and integrative approaches) and demonstrates how each theory can be applied to two cases (Stan and Gwen). With his trademark style, he shows students how to apply those theories in practice, and helps them learn to integrate the theories into an individualized counseling style. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Theory and Practice of Counselling and Psychotherapy-Gerald Corey
2017-04-03 This book is intended for counselling courses for undergraduate and graduate students in psychology, Counsellor education, human services, and the mental health professions. It surveys the major concepts and practices of the contemporary therapeutic systems and addresses some ethical and professional issues in Counselling practice. The book aims to teach South African students to select wisely from various theories and techniques and to begin to develop a personal style of Counselling.

Theory and Practice of Counselling and Therapy-Richard Nelson-Jones
2010-11-09 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.

Co-Counselling-Katie Kauffman 2004-07-15 The theory behind Co-
Counselling argues that emotional expression should be welcomed and that human beings can help each other recover from past distress by taking turns giving and receiving attention. Benefits of the method include the acceleration of personal growth and the reduction of the stresses inherent in the practitioner's role. This accessible book offers a serious challenge to much of what is currently considered good practice in mental health services, and succeeds in developing a dialogue between co-counselling and other therapeutic approaches. It provides a thorough introduction to the method, incorporating recent developments in the field and providing a comprehensive account of both the theory and practice. The reader also benefits from inclusion of clinical material outlining the experiences of people from a range of backgrounds offering evidence of the value of Co-Counselling. Co-Counselling offers a model that has many implications for anyone struggling with emotional problems, particularly those recovering from discrimination, prejudice and oppression. Counsellors and psychotherapists will find this book to be an invaluable resource which both challenges and stimulates.

Counselling and Therapy Techniques-Augustine Meier 2010-10-15 This is the first book on counselling skills to look in detail at the practical interventions and tools used to establish the therapeutic relationship. Step-by-step, the text teaches the reader exactly how to use these skills with clients to address their concerns and achieve therapeutic change. Integrative and pluralistic in approach, the text covers the key techniques from all the major therapeutic models, placing them in their historical and theoretical contexts. Techniques covered include empathic responding, experiential focusing, Gestalt, metaphors, task-directed imagery, ego state therapy, solution focused therapy, cognitive behavioral therapy, narrative therapy and self-in-relationship therapy. The book: - presents each technique from the perspective of its underlying theory; - gives practical instruction on how to deliver each intervention; - provides extracts from counselling sessions to demonstrate the technique in action. This book is crucial reading for all trainees on counselling and psychotherapy courses or preparing to use counselling techniques in a range of other professional settings. It is also helpful for professionals who wish to acquire additional skills. Augustine Meier, certified clinical psychologist, professor Emeritus, Faculty of Human Sciences, Saint Paul University, Ottawa, Ontario and Founder and President of the Ottawa Institute for Object Relations Therapy. Micheline Boivin, certified clinical psychologist, Psychological Services of the Family, Youth and Children's Program at the Centre for Health and Social Services, Gatineau, Québec.


Nelson-Jones' Theory and Practice of Counselling and Psychotherapy-Richard Nelson-Jones 2014-11-10 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.

The Theory and Practice of Counselling Psychology-Richard Nelson-Jones 1982-01-01
Theory and Practice of Addiction Counseling - Pamela S. Lassiter
2017-02-17 Theory and Practice of Addiction Counseling by Pamela S. Lassiter and John R. Culbreth brings together contemporary theories of addiction and helps readers connect those theories to practice using a common multicultural case study. Theories covered include motivational interviewing, moral theory, developmental theory, cognitive behavioral theories, attachment theory, and sociological theory. Each chapter focuses on a single theory, describing its basic tenets, philosophical underpinnings, key concepts, and strengths and weaknesses. Each chapter also shows how practitioners using the theory would respond to a common case study, giving readers the opportunity to compare how the different theoretical approaches are applied to client situations. A final chapter discusses approaches to relapse prevention.

Theory and Practice of Group Counseling - Gerald Corey 2015-01-01
THEORY AND PRACTICE OF GROUP COUNSELING, 9th Edition, gives students an in-depth overview of the eleven group counseling theories. In addition to illustrating how to put these theories into practice, this best-selling text guides students in developing their own syntheses of various aspects of the theories. With Corey's clear, straightforward writing style, students are able to grasp each theoretical concept and its relationship to group practice with ease. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

An Introduction to Counselling and Psychotherapy - Andrew Reeves 2012-11-16 This book is an authoritative introduction to everything you need to know to become a professional therapist. It takes you through the entire therapeutic process, introducing the theory and applying it to real-life practice. Drawing on years of experience as a counselling practitioner and researcher, Andrew Reeves links counselling and psychotherapy theory to the development of appropriate skills, and locates it within the context of therapeutic practice today. Engagingly and accessibly written, the book is packed with learning features including Chapter Overviews, Summaries and a Glossary -helping you navigate the book and get the most out of it.

Student Manual for Theory and Practice of Counseling and Psychotherapy - Gerald Corey 2001 Ten theories of counselling are presented in this volume, aimed to help students develop a personalised style of counselling. There are chapters on psychoanalytic, Adlerian, existential, person-centred, Gestalt, behaviour and family systems therapy.

The Theory and Practice of Group Psychotherapy - Irvin D. Yalom 2008-03-03 The classic work on group psychotherapy Hailed by Jerome Frank as "the best book that exists on the subject," Irvin D. Yalom's The Theory and Practice of Group Psychotherapy has been the standard text in the field for decades. In this completely revised and updated fifth edition, Dr. Yalom and his collaborator Dr. Molyn Leszcz expand the book to include the most recent developments in the field, drawing on nearly a decade of new research as well as their broad clinical wisdom and expertise. New topics include: online therapy, specialized groups, ethnocultural diversity, trauma and managed care. At once scholarly and lively, this is the most up-to-date, incisive, and comprehensive text available on group psychotherapy.

Theory and Practice of Counseling and Psychotherapy, Enhanced - Gerald Corey 2020-06-19 Incorporating the thinking, feeling, and behaving...
dimensions of human experience, the tenth edition of Corey's best-selling text helps you compare and contrast the therapeutic models expressed in counseling theories. Corey introduces you to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, postmodern, and integrative approaches) and demonstrates how each theory can be applied to two cases ("Stan" and "Gwen"). He shows you how to apply theories in practice, and helps you learn to integrate the theories into an individualized counseling style. New learning objectives identify key aspects of each theory and focus your study.

Contemporary Theory and Practice in Counseling and Psychotherapy-Howard E. A. Tinsley 2015-03-18 Contemporary Theory and Practice in Counseling and Psychotherapy by Howard E. A. Tinsley, Suzanne H. Lease, and Noelle S. Giffin Wiersma is a comprehensive, topically arranged text that provides a contemporary account of counseling theories as practiced by internationally acclaimed experts in the field. Each chapter covers the way mindfulness, strengths-based positive psychology, and the common factors model is integrated into the theory. A special emphasis on evidence-based practice helps readers prepare for their work in the field.

An A-Z of Counselling Theory and Practice-William Stewart 2005 The broad perspective, multidisciplinary approach of the second edition makes it invaluable in the counselling context at any level. It is comprehensive enough for full-time counsellors and students but it is also a resource for health care professionals for whom counselling is an intrinsic component of their practice.

Counseling and Psychotherapy Theories in Context and Practice-John Sommers-Flanagan 2015-05-20 Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

The Theory and Practice of Vocational Guidance-Barrie Hopson 2014-06-28 The Theory and Practice of Vocational Guidance: A Selection of Readings is a compilation of papers that discusses theoretical foundations and practical applications of vocational guidance. The book presents 36 articles that cover various concerns in career counseling, both in theory and in practice. The first part of the text deals with theoretical concerns in vocational guidance, such as model for the translation of self-concepts into vocational terms; social factors in vocational development; young workers in their first jobs; and the criteria of vocational success. In the next part, the book presents the practical issues, which include needed counselor competencies in vocational aspects of counseling and guidance; an occupational classification for use in vocational guidance; psycho-social
aspects of work; and key concepts in the use of psychological tests in vocational guidance. The book will be of great use to any professionals, but will be most useful to those involved in career counseling, such as human resource practitioners, school counselors, and college career advisers.

Nelson-Jones' Theory and Practice of Counselling and Psychotherapy-Richard Nelson-Jones 2014-11-10 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.

Counseling the Culturally Diverse-Derald Wing Sue 2011-05-04

Student Manual for Corey's Theory and Practice of Counseling and Psychotherapy-Gerald Corey 2015-11-20 This manual contains structured self-awareness exercises that help you gain a deeper self-understanding and grasp the concepts of the various approaches.

Theories of Counseling and Therapy-Jeffrey A. Kottler 2010-12-01 A core text for courses on Theories of Counseling and Psychotherapy, this book represents an experiential approach to understanding and applying theory. It is written in a student friendly style that enables students to comprehend the various and complex theories, apply the material to their own lives (through the use of many reflective exercises in every chapter) and internalize the content of the course. The original edition was published by Pearson. The new edition will be updated and expanded. In addition, the new text will have more primary source material, theory in action boxes, and Voice of Experience boxes that feature experts from the field. In addition, a DVD of several clinicians demonstrating their theory in action will be included and sample lesson plans with primary source material, sample syllabus with class activities, a table showing how the textbook can be used to meet specific accreditation requirements, and practice quizzes for students will also be included.

Counselling Skills and Studies-Fiona Ballantine Dykes 2017-04-03 Are your students looking to use counselling skills to enhance their existing helping role? Are they taking the first steps towards becoming a professional counsellor? This practical guide will provide readers with the ideal ‘way-in’, showing them what helping and counselling is all about. Part 1: Counselling Skills will introduce readers to the underpinning knowledge and practical tools needed to develop a range of helping skills for use in a variety of helping roles, showing what it means to work safely and ethically. Part 2: Counselling Studies will help them take their understanding further by considering in detail important theories and professional issues, preparing them to work as a professional counsellor. Part 3: Counselling Study Skills will offer practical advice and hints and tips to help them make the best start on their counselling portfolio, including journal and essay writing skills, research skills and how to get inspired and overcome blocks to learning. The new edition now includes a more detailed discussion of key theories, has a new chapter on self care, and is fully up to date with the occupational and professional standards and ethical frameworks. Packed full of practical activities and written in a supportive conversational style, this book is essential reading for anyone wanting to learn counselling skills or embarking on their first stage of training to be a counsellor.

Career Theory and Practice-Jane L. Swanson 2014-07-11 Unique in the way it links five major career development and choice theories to a fictional case client, this user-friendly text is ideal for counselors engaged in helping clients make wise career choices. Thoroughly updated, the Third Edition of Career Theory and Practice takes a multicultural approach as it blends theory, practical examples, and specific cases, helping readers apply a wide
range of career development theories to counseling clients.

**Theoretical Models of Counseling and Psychotherapy** - Kevin A. Fall
2011-01-19 This text provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models. Appropriate for advanced undergraduates and graduate students, it offers a detailed description of the philosophical basis for each theory, along with historical context and a biography of the founder. Each chapter follows a similar format and explores the main features of the theory, including its approach to and ideas on personality development, human nature, the role of environment, the change process in therapy, and contributions and limitations to the mental health field. Theory-specific information on diagnosis, psychopharmacology, multicultural issues, spirituality, and gender issues is also discussed. These features will provide students with a deeper and more complete understanding of counseling theory than is available in any single resource and allow them to easily bridge classroom study to their future practice. This second edition of the text has been completely updated and includes more case examples, as well as a new chapter on Constructivist approaches. An online instructor’s manual with student resources is available and offers material to enhance the pedagogical features of the text.

**Relational Integrative Psychotherapy** - Linda Finlay
2015-10-07 Designed specifically for the needs of trainees and newly-qualified therapists, Relational Integrative Psychotherapy outlines a form of therapy that prioritizes the client and allows for diverse techniques to be integrated within a strong therapeutic relationship. Provides an evidence-based introduction to the processes and theory of relational integrative psychotherapy in practice. Presents innovative ideas that draw from a variety of traditions, including cognitive, existential-phenomenological, gestalt, psychoanalytic, systems theory, and transactional analysis. Includes case studies, footnotes, ‘theory into practice’ boxes, and discussion of competing and complementary theoretical frameworks. Written by an internationally acclaimed speaker and author who is also an active practitioner of relational integrative psychotherapy.

**Islamic Counselling** - G. Hussein Rassool
2015-07-16 Islamic counselling is a form of counselling which incorporates spirituality into the therapeutic process. Until now there has been little material available on the subject with no one agreed definition of Islamic counselling and what it involves. There has also been a rapidly growing population of Muslims in Western societies with a corresponding rise in need of psychological and counselling services. Islamic Counselling: An Introduction to theory and practice presents a basic understanding of Islamic counselling for counsellors and Islamic counsellors, and provides an understanding of counselling approaches congruent with Islamic beliefs and practices from a faith-based perspective. The book is designed as an introduction for counsellors, its goal is to inform the reader about how the diverse roles of the Islamic counsellor fit together in a comprehensive way and to provide the guidelines that can be potentially integrated into a theoretical framework for use. The book is divided into two parts. Section one: Context and Background, and Section two: Assessment, Models and Intervention Strategies. Islamic Counselling encompasses both current theory, research and an awareness of the practice implications in delivering appropriate and effective counselling interventions with Muslim clients. It will be essential reading for both professionals and students alike.

**Counseling Theory and Practice (Second Edition)** - Edward Neukrug
2018-08-03 Developed for helping professionals, Counseling Theory and Practice explains what it means to be an effective helper, discusses foundations of classic counseling and psychotherapy theories, provides an overview of emerging theories, and gives students the opportunity to develop their own approaches to counseling and psychotherapy practice. The book is organized into four primary sections, each addressing theoretical schools. Section 1 explores psychodynamic approaches, including psychoanalysis, Jungian therapy, and Adlerian therapy. Section 2 is devoted to existential-humanistic approaches such as existential therapy, Gestalt therapy, and person-centered counseling, while Section 3 discusses cognitive-behavioral approaches, including behavior therapy, cognitive behavior therapy, rational-emotive behavior therapy, and reality therapy. Section 4 describes post-modern therapies and examines the relatively new approaches of narrative therapy, solution-focused brief therapy, and
relational cultural therapy, a form of feminist therapy. The final chapter explores a number of more recent and emerging theories. In support of the textbook, Counseling Theory and Practice features a Cognella Active Learning component that provides students with videos, reflection exercises, PowerPoint slideshows, flashcards, and quizzes in a digital environment. These additional materials give students an accessible way to study outside of the classroom in their own time and at their own pace. Informative and engaging, Counseling Theory and Practice is well-suited to courses for both pre-service professionals and those already in the field. For a look at the specific features and benefits of Counseling Theory and Practice, visit cognella.com/counseling-theory-and-practice-features-and-benefits.

Theories of Counseling and Psychotherapy - Elsie Jones-Smith 2014-10-29 This breakthrough edition of Theories of Counseling and Psychotherapy: An Integrative Approach, by Elsie Jones-Smith, sets a new standard in counseling theories books. The Second Edition goes beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuroscience and neuropsychotherapy, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

Adolescent Counselling Psychology - Terry Hanley 2012-07-26 Adolescent Counselling Psychology: Theory Research and Practice provides a thorough introduction to therapeutic practice with young people. As an edited text, it brings together some of the leading authorities on such work into one digestible volume. The text is divided into three major sections. The first provides a context to therapeutic work with young people. This outlines the historical background to such work, the types of settings in which individuals work and the allied professions that they will encounter.

Following on from this, the second section introduces the psychology of adolescence and provides an overview of the research into youth counselling. Finally, the third section considers more applied issues. Initially the infrastructure of counselling services is discussed before moving on to reflect upon pluralistic therapeutic practice. To end, the ways in which outcomes may be assessed in such work are described. In covering such a wide territory this text acts as an essential resource to practicing counselling psychologists and other mental health professionals. It provides a foundation to the work that individuals are undertaking in this arena and advocates that individuals enter into therapeutic work in a critically informed way. At the heart of such considerations is the need to utilise psychological theory alongside research findings to inform therapeutic decision making.

Traditional Counselling - Hector Chiboola 2019-07-12 Traditional counselling is an under-researched field, with inadequate scholarly documentation on the approaches, procedures and process outcomes that should motivate researchers, counselling psychologists and educationists to tap from the abundant unchartered waters. This book represents a major step towards narrowing these gaps. Its main contribution is the articulation of a theoretical framework of traditional counselling, the delineation of traditional counselling approaches and processes, and the clarification of the scope of problems apparent in the sphere of traditional counselling. Traditional counselling is rooted in traditional systems of knowledge and sociocultural values, customs and practices, is essentially community-based and multicultural in nature, and promotes a collective inclination to problem identification, resolution and management. This underscores the importance, relevance and usefulness of traditional counselling from an African perspective. The book is a thought-provoking investigation on counselling models.

Culturally Diverse Counseling - Elsie Jones-Smith 2018-10-09 Culturally Diverse Counseling: Theory and Practice adopts a unique strengths-based approach in teaching students to focus on the positive attributes of individual clients and incorporate those strengths, along with other essential cultural considerations, into their diagnosis and treatment. With
an emphasis on strengths as recommended in the 2017 multicultural guidelines set forth by the American Psychological Association (APA), this comprehensive text includes considerations for clinical practice with twelve groups, including older adults, immigrants and refugees, clients with disabilities, and multiracial clients. Each chapter includes practical guidelines for counselors, including opportunities for students to identify and curb their own implicit and explicit biases. A final chapter on social class, social justice, intersectionality, and privilege reminds readers of the various factors they must consider when working with clients of all backgrounds.

**The Basics of Psychotherapy**-Bruce E. Wampold 2018-11
This book presents essential background necessary for understanding the role of theory in psychotherapy practice, and shows how understanding psychotherapy theory is the first step to becoming an effective therapist. The author provides a thorough but concise overview of the history of psychotherapy, the evolution of psychotherapy theories, and research on the effectiveness of various psychotherapies in general practice and for treatment of specific common disorders. The book is an accessible, handy resource for students training to be psychotherapists and practitioners seeking to reevaluate theories and corresponding therapies. As the foundational book in the Theories of Psychotherapy Series, this title may be read first or in combination with other books in the series to establish a thorough understanding of psychotherapy and its variants. This updated second edition incorporates new developments in theory and research, new approaches including advances in culturally sensitive therapy, and updates in the classification of mental illness.

**Sexuality Counseling**-Christine Murray 2016-01-12
"Sexuality Counseling: Theory, Research, and Practice is an important resource for mental health practitioners. Sexuality is complex and rather than attempting to simplify, this book works within that complexity in a well-organized and comprehensive way." - Alexandra H. Solomon, Northwestern University
Providing a comprehensive, research- and theory-based approach to sexuality counseling, this accessible and engaging book is grounded in an integrative, multi-level conceptual framework that addresses the various levels at which individuals experience sexuality. At each level (physiological, developmental, psychological, gender identity and sexual orientation, relational, cultural/contextual, and positive sexuality), the authors emphasize practical strategies for assessment and intervention. Interactive features, including case studies, application exercises, ethics discussions, and guided reflection questions, help readers apply and integrate the information as they develop the professional competency needed for effective practice.

**Dance Movement Therapy: Theory and Practice**-Helen Payne 2003-09-02
The complexity and diversity of dance movement therapy is both clarified and celebrated in the contributions to this book which documents pioneering practice in a variety of settings in the UK. Experienced dance movement therapists from many different theoretical orientations and working with a range of clients, from the very young to the very old, come together to reveal their thinking, working methods and techniques. Dance Movement Therapy: Theory and Practice offers practising dance movement therapists new ideas and approaches, students an insight into their subject’s versatility and adaptability, and other mental health workers, allied educators and professionals a clear picture of the nature and importance of dance movement therapy.

**Introduction to Psychoanalysis**-Anthony Bateman 2002-09-10
The need for a concise, comprehensive guide to the main principles and practice of psychoanalysis and psychoanalytic psychotherapy has become pressing as the psychoanalytic movement has expanded and diversified. An introductory text suitable for a wide range of courses, this lively, widely referenced account presents the core features of contemporary psychoanalytic theory and practice in an easily assimilated, but thought-provoking manner. Illustrated throughout with clinical examples, it provides an up-to-date source of reference for a wider range of mental health professionals as well as those training in psychoanalysis, psychotherapy or counselling.

**Short-term Counselling in Higher Education**-David Mair 2015-11-19
demand for counselling from students across Higher Education (HE) increases year on year, counselling services are continually seeking to explore creative ways of working under the pressure that results from this rise in client numbers. One of the most frequent responses to increased demand is limiting the number of sessions that individual students may have. Until Short-term Counselling in Higher Education, there has been no text which provides a contextual, theoretical and practical input to this evolving way of working. This book explores constructive ways of providing very short-term counselling within a Higher Education context. Using case-studies, and employing up-to-date statistics from the sector, the book gives readers a clear understanding of the nature of the professional challenges, and offers ways of addressing these, including managing waiting lists, developing policies to facilitate timely intervention, and understanding the limitations of what short-term therapy can offer. Short-term Counselling in Higher Education explores the implications of working in Higher Education counselling services in this very short-term way, and as such it will be an essential resource for counsellors, heads of counselling services and student services managers in Higher Education, helping to find ways of delivering effective short-term interventions within existing counselling services.

The Theory and Practice of Counselling - Richard Nelson-Jones 1995


Virtual Therapy for Groups and Individuals - Haim Weinberg 2019-07-18

This innovative new resource outlines the process of conducting individual, family and group therapy online with the use of video conferencing tools, and explores the unique concerns associated with this increasingly popular and convenient approach to treatment. Offering mental health practitioners a definitive presentation on how to use online tools to facilitate psychological intervention, the book will also enable readers to learn about the processes of virtual individual, couple, family and group therapy, specific concerns related to online group dynamics, as well as the responsibilities of the therapist and group leader in online sessions. This is the perfect companion for counselors of all backgrounds and disciplines who are interested in offering or improving their approach to virtual services.