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Counselling Skills and Studies

Fiona Ballantine Dykes, Barry Kopp, Traci Postings, Anthony Crouch



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Are your students looking to use counselling skills to enhance their existing helping role or wanting to take the first steps towards becoming a professional counsellor? Well look no further! This practical guide will provide them with the ideal 'way-in', showing them what helping and counselling is all about.

Part 1: Counselling Skills will introduce students to the underpinning knowledge and practical tools needed to develop a range of helping skills for use in a variety of helping roles, showing them what it means to work safely and ethically.

Part 2: Counselling Studies will help students 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 students 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 their learning.

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.

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