

Basic Counselling Skills A Helpers Manual

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Basic Counselling Skills is a step-by-step guide for all who use counselling skills as part of their role. Counselling skills are used by professionals and volunteers to help others in a wide range of circumstances and settings - including health care, social work, education and agencies, which provide specific advice and support to the public.

[Basic Counselling Skills: A Helper's Manual: Amazon.co.uk ...](#)

From leading skills expert Richard Nelson-Jones, this third edition remains the most accessible and practical introduction to the basic counselling skills essential for the helping professions. Steeped in vivid case examples, experimental activities and therapeutic dialogue, this book provides a thorough, step-by-step guide to the subject, working through each stage of the helping process.

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It explores 17 key counselling skills, including: -asking questions -monitoring -facilitating problem solving -negotiating homework Each chapter describes a particular skill, illustrates it using clear case examples across a range of settings and then helps you consolidate and practise what you've learned through a set of creative activities.

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The key skills covered include: - Starting, structuring and summarizing the helping process - Active listening - Offering challenges and feedback - Facilitating problem solving - Improving clients' self-talk, rules and perceptions - Coaching, demonstrating and rehearsing - Managing resistance and changing referrals - Conducting middle sessions and terminating help Accessible, practical and concise, this bestselling book also discusses ethical issues and dilemmas, multicultural and gender ...

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Core Counselling Skills 1. Attending. Attending in counselling means being in the company of someone else and giving that person your full... 2. Silence. Silence in counselling gives the client control of the content, pace and

objectives. This includes the... 3. Reflecting and Paraphrasing. ...

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Skills. Basic Counselling Skills Overview; Attending; Challenge; Empathy; Focusing; Immediacy; Questioning; Rapport; Reflecting and Paraphrasing; Relational Depth; Silence; Summarising; Therapeutic Relationship; Unconditional Positive Regard; Close; Theory. Person-Centred. 7 Stages of Process; 19 Propositions; Carl Rogers Quotes; Conditions of Worth; Configurations of Self; Core Conditions

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Basic Counselling Skills is a step-by-step guide for all who use counselling skills as part of their role. Counselling skills are used by professionals and volunteers to help others in a wide range of circumstances and settings - including health care, social work, education and agencies, which provide specific advice and support to the public.

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Basic Counselling Skills : A Helper's Manual, Paperback by Nelson-Jones, Richard, ISBN 1473912997, ISBN-13 9781473912991, Brand New, Free P&P in the UK This practical bestseller from leading expert Richard Nelson-Jones introduces the essential counselling skills for the helping professions.

[Basic Counselling Skills: A Helper's Manual by Richard ...](#)

The Second Edition of Basic Counselling Skills: A Helper s Manual is written as a straightforward, step-by-step guide to support the training and practice of all those people who use counseling skills as part of their role. Short and accessible chapters discuss base principles of the helping relationship, then follow through universal counseling skills drawing upon a range of experiential ...

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