

*Third
Edition*

Richard Nelson-Jones

BASIC COUNSELLING SKILLS

A Helper's Manual



Basic Counselling Skills A Helper S Manual

Richard Nelson-Jones



Basic Counselling Skills A Helper S Manual:

Basic Counselling Skills Richard Nelson-Jones,2003 This book explores the nature of helping relationships in general and highlights key considerations for all helpers including diversity ethical issues and the role of supervision It also provides suggestions for further reading and advice on how to develop counselling skills at a more advanced level

Basic Counselling Skills Richard Nelson-Jones,2011-11-11 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 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 aware helping providing a master class for anyone using counselling skills in the course of their work

Basic Counselling Skills Richard Nelson-Jones,2003

Basic Counselling Skills Richard Nelson-Jones,2015-11-12 This practical bestseller from leading expert Richard Nelson Jones introduces the essential counselling skills for the helping professions Now in its fourth edition it guides you through the key skills for helping work across a range of settings such as counselling nursing social work youth work education and many more 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 Further chapters cover professional issues including a new chapter on managing crises and chapters on ethical dilemmas supervision working with diversity and more

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Introduction to Counselling Skills Richard Nelson-Jones,2005 As a course book or an aide to individual learning this book contains a wealth of information and guidance based on years of study and practice It is easy to use because it is clearly signposted I particularly like the way the author addresses the range of issues a student needs to

consider before embarking on a counselling course The structure of building block by block skill by skill simplifies assessment Counselling and Psychotherapy Journal Good counselling skills are the key to effective helping relationships Introduction to Counselling Skills Second Edition is designed to help readers acquire and develop these skills using an easy to follow three stage model Drawing on many years experience as a counsellor trainer and writer Richard Nelson Jones describes in detail each stage in the helping process and gives examples to show how the skills work in practice The examples also demonstrate the variety of contexts in which counselling skills are commonly used as well as the diversity of issues and problems they can help to address The book covers what counselling skills are how to conduct sessions ways to clarify and expand your understanding how to improve your listening skills ethical skills Introduction to Counselling Skills Second Edition is full of practical features designed to aid learning including activities related to the particular skill being described learning outcomes examples summaries and a glossary of key terms For this the Second Edition the book has been fully up dated and new material has been added on the diversity of helpers and clients the use of training groups and supervision Combining a clear explanation of skills with a host of practical activities Introduction to Counselling Skills Second Edition is the ideal text for introductory courses in counselling skills counselling and many other professional areas including health care management education and social work

Using Counselling Skills in Social Work

Sally Riggall, 2012-05-18 This practical book enables students to develop key counselling skills that can help to enhance their practice and help to place the service user at the centre of the decision making process Relationship building will be a key area of the text and relevant counselling skills for achieving this in social work settings such as empathic responding will be illustrated in detail together with examples of dialogue and analysis of interventions The role and importance of self awareness will be discussed together with various exercises to develop the readers own knowledge of themselves

Counselling Skills and Theory 5th Edition Margaret Hough, Penny Tassoni, 2021-08-27 Trusted author Margaret Hough updates this bestselling resource that will provide you with the clearest introduction to the major approaches in counselling Easy to read clear and concise this full colour updated edition will take you from learning to application with a variety of group tasks and case studies to explore and evaluate Explore the new extended sections on Cognitive Behaviour Therapy Neuroscience and Cultural Diversity and Counselling to highlight new approaches developments and research Consolidate learning with new student exercises now over 70 Translate theory into practice with new case studies including some that will illustrate the problems clients experienced during Covid 19 with special reference to emotional and psychological effects of lockdown Understand the ways in which neuroscience helps us understand the beneficial effects of counselling and psychotherapy with the regular references throughout the book

Online Counselling and Guidance Skills

Jane Evans, 2008-11-18 A very practical text that provides professionals new to this arena with a good introduction to what they can expect to encounter in online work The book contains numerous thought provoking examples and exercises for those

contemplating work in virtual arenas Terry Hanley Lecturer in Counselling University of Manchester It s tempting to think that face to face experience translates straightforwardly to online work But it doesn t Jane Evans shows how many different aspects there are to counselling on line My advice would be don t attempt it until you have worked through this book Professor Michael Jacobs author of Psychodynamic Counselling in Action Counsellors and other professionals who provide emotional support and guidance are increasingly working online The difference between online and face to face interaction with clients is vast and practitioners need to equip themselves with specialist knowledge and skills to ensure that they are being effective Online Counselling and Guidance Skills is the first book to deal with the practicalities of this mode of working It looks at how practitioners need to adapt their basic counselling skills to the online environment and guides them through the process of setting up defining and maintaining a working relationship with a client within professional ethical and legal boundaries Case studies and extracts from online sessions show how the skills are put into practice while practical exercises and points for further consideration help readers to develop their own knowledge and skills Until now books and articles have generally focused on the therapeutic work done by counsellors online However this book addresses people who use counselling skills in a wide range of contexts including counselling education mental health social care and careers guidance

First Steps In Clinical Supervision: A Guide For Healthcare Professionals Cassidy, Paul, 2010-10-01 This book is an essential read for those new to the role of becoming a clinical supervisor It is packed with practical ideas and activities to try out in the supervision situation and underpinned by relevant theory An obvious strength of the book is the way Paul seems to talk to the new supervisor in an engaging and non patronising way At last there is acknowledgement of the emotional labour of being engaged in supervisory work offering strategies to look after oneself when acting as a clinical supervisor in practice John Driscoll Freelance CPD Consultant Development Coach This practical book is designed as a toolkit for anyone starting out as a clinical supervisor The book focuses on developing core skills of supervision as well as your ability to reflect and improve on those skills Addressing all aspects of supervision the book gives you practical frameworks needed to start maintain and evaluate clinical supervision from how to start a supervision contract to how to run a session The book offers Clear information and guidance on what the supervisor needs to know as they prepare to take on the role of clinical supervisor Practical examples and demonstration of key clinical supervision skills Simple explanations of the key frameworks and models for clinical supervision Reflective questions and activities you can use in supervision sessions An example of a method of evaluation when reviewing supervision Ways of keeping healthy as a supervisor and staying within the spirit of supervision The book includes tips for developing the supervision relationship focusing on areas identified as the ones supervisors struggle with the most First Steps in Clinical Supervision is core reading for qualified nurses and healthcare professionals working in a supervisory role either formally or informally or taking CPD courses to supervise staff and colleagues This book is designed as a practical toolkit to aid those training to do clinical supervision or starting out as clinical

supervisors The focus of the book is on developing skills of supervision and the ability to reflect and improve on those skills It includes coverage of problem solving and gives the practical frameworks that are needed to start maintain and evaluate clinical supervision from how to start a contract to how to run a session Throughout the book there are tips for developing the supervision relationship focusing on areas identified by research as the ones supervisors struggle with the most

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