

A Training Manual for Counsellors

Basic Personal counselling

David Geldard

Basic Personal Counselling Training Manual

**David Geldard, Kathryn
Geldard, Rebecca Yin Foo**



Basic Personal Counselling Training Manual:

Basic Personal Counselling David Geldard,1993 **Basic Personal Counselling** David Geldard,1999 This introduction to personal counselling for professional and volunteer counsellors and those who train them covers the specific skills required and includes examples of dialogue to show how counselling skills are implemented in real situations *Basic Personal Counselling: A Training Manual for Counsellors* David Geldard,Kathryn Geldard,Rebecca Yin Foo,2017-01-01 Basic Personal Counselling is an easy to read introduction to counselling that reflects current best practice It teaches core interviewing skills and provides a framework of practical examples and training group exercises to enable students to progressively build a skill repertoire The book is designed to prepare students for field placement and therefore has a strong vocational focus Introduces counselling skills in a logical sequence and provides practical examples of the skills in action Discusses the process of change involved in counselling Provides approaches for counselling people with specific problems such as anger depression grief suicidal ideation Discusses professional issues including confidentiality ethics record keeping

Basic Personal Counseling David Geldard,1989-01-01 Counselling Adolescents Kathryn Geldard,David Geldard,2009-10-21 Filled with practical and effective approaches this book is an asset to anyone wanting to develop their skills in working with adolescents Samantha Best CAMHS Manager and Clinical Nurse Specialist This publication is a further invaluable resource to counsellors wanting to work with young people It offers a one stop shop for any practitioner who wants to understand adolescent development and the need for a counselling approach that parallels this with helpful strategies for enhancing the counselling conversation and the relationship between counsellor and the young person Barbara Rayment Director of Youth Access London Providing an excellent introduction to counselling young people that is theoretically sound and rich in delivering practical techniques this book is an important addition to the personal library of counselling students and counsellors Associate Professor Sylvia Rodger University of Queensland St Lucia Queensland Australia In this third edition of their bestselling text Kathryn and David Geldard provide a practical introduction to the principles and practices required for successful counselling to show that working with young people can be both challenging and effective The book is divided into three main parts covering how to understand the young client as a person the proactive approach of working with young people the counselling skills and strategies needed This Third Edition has been completely revised and updated and includes two new chapters The first Maintaining a Collaborative Relationship identifies ways to engage a young person collaboratively throughout a proactive counselling process The other Professional and Ethical Issues deals with these issues as they relate to working with young people Additional practical case studies and examples show how counsellors can work pro actively with this age group The book will be of particular interest as a textbook and resource to all professionals who work with emotionally disturbed young people and will provide an excellent resource for trainees in courses on counselling social work psychology occupational therapy mental health and psychiatry nursing and

education **Relationship Counselling for Children, Young People and Families** Kathryn Geldard,David Geldard,2008-12-01 If you need one book that s crammed with clinically excellent genuinely well informed and useful ideas for working with family relationships in all their permutations this is undoubtedly it Professor Colin Feltham Sheffield Hallam University This is easy to read and has a clear layout Counselling MSc students may find it an interesting introduction to the topic Times Higher Education Magazine May 2009 This book is a practical skills based introduction to relationship counselling It covers couple counselling for parents whole family counselling and counselling for children and young people with regard to their relationships with siblings peers and parents The text also includes o an introduction to relationship counselling theory and concepts o discussion of the importance of relying on a clearly defined theory of change o ways to address parenting issues o an exploration of confidentiality disclosing inappropriate behaviour and personal safety Kathryn Geldard and David Geldard present an integrative model of relationship counselling which combines skills and strategies from a number of approaches Their practical guide integrates individual and subgroup counselling with whole family counselling providing much needed material on methods and approaches for communicating with children and young people The book will be invaluable to new relationship counsellors learning the skills required in order to bring about change and will be a useful reference book for experienced counsellors

Counselling Children Kathryn Geldard,Rebecca Yin Foo,2024-08-30 The definitive guide to the skills techniques and concepts used when working with children experiencing emotional challenges It covers all you need to know about The child counsellor relationship Practice frameworks for working effectively Play therapy and the use of different media and activities Building self esteem and social skills through the use of worksheets The concepts of wellbeing and resilience New to this edition Technology its influence on children and ways it can be used in counselling Counselling in a post pandemic world and the role of remote counselling and telehealth More discussion of issues of diversity difference intersectionality implicit bias and an inclusive practice Updated case studies to affirm diversity and represent wider populace Expanded and updated end of chapter further resources Updated conclusion with reflections on the pandemic Greater focus on inclusive practice and how SPICC model can be applied across various social cultural groups Online resources include digital picture books worksheets and a list of further reading to support your professional practice and help you extend your learning This highly practical guide is a vital resource for counsellors psychologists social workers occupational therapists nurses and teachers working or training to work with children

Counselling Older People Steve Scrutton,1999 This text is unique in its application of counselling principles to the specific problems of the older person The book seeks to demystify counselling and present the counsellor as carer and friend not therapist and psychoanalyst Counselling Older People 2 e has been thoroughly revised and updated and takes into account the changes in practice There is now a more practical bias with many case studies and examples from a wide cross section of ethnic groups The text addresses the social psychological and practical concernsof older people and looks at how

counselling can be used to help **The Routledge International Handbook of Social Work Teaching** Jarosław Przeperski, Rajendra Baikady, 2024-04-09 This handbook is a comprehensive text on social work education based on the narratives of social work educators practitioners and researchers from Asia and the Pacific North and South America Australia and Oceania and Europe It discusses innovations challenges pedagogy and tested methods of social work teaching at various levels of educational programmes The volume Examines key concepts that underpin debates concerning social work teaching research and practice Brings out key concerns debates and narratives concerning various teaching learning and pedagogical methods from different countries Documents principal perspectives of different stakeholders involved in social work education from educators and practitioners to novice social workers The Routledge International Handbook of Social Work Teaching will be an effective instrument in informing policy decisions related to social work teaching and pedagogy at the global and local levels It will be essential for educators researchers and practitioners within social work institutions and for professional associations around the world **Counselling Young People** Louise Porter, 2023-12-28 Practical and clearly written this new book from best selling author Louise Porter equips mental health professionals with the knowledge and skills they need to provide insightful guidance and support to children and adolescents The book introduces exciting new models for thinking about young people s needs self esteem and resilience that will invigorate counselling It outlines the most common presenting difficulties for young people and provides clear practical guidance on how professionals in a counselling environment can respond to these in an effective way Offering a coherent blend of theories and practices chapters address a wide range of emotional social behavioural and learning difficulties with which young people may present to counselling such as experiences of grief and loss anxiety and depression disordered eating and dealing with adversity With an aim to empower the book presents a non pathologising approach to counselling that respects the skills that young people bring to working through their challenges Accessible for professionals and trainees alike this book is a must have for anyone working in a counselling capacity with children and adolescents

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Table of Contents Basic Personal Counselling Training Manual

1. Understanding the eBook Basic Personal Counselling Training Manual
 - The Rise of Digital Reading Basic Personal Counselling Training Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic Personal Counselling Training Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basic Personal Counselling Training Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic Personal Counselling Training Manual
 - Personalized Recommendations
 - Basic Personal Counselling Training Manual User Reviews and Ratings
 - Basic Personal Counselling Training Manual and Bestseller Lists
5. Accessing Basic Personal Counselling Training Manual Free and Paid eBooks
 - Basic Personal Counselling Training Manual Public Domain eBooks
 - Basic Personal Counselling Training Manual eBook Subscription Services
 - Basic Personal Counselling Training Manual Budget-Friendly Options

6. Navigating Basic Personal Counselling Training Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Basic Personal Counselling Training Manual Compatibility with Devices
 - Basic Personal Counselling Training Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basic Personal Counselling Training Manual
 - Highlighting and Note-Taking Basic Personal Counselling Training Manual
 - Interactive Elements Basic Personal Counselling Training Manual
8. Staying Engaged with Basic Personal Counselling Training Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basic Personal Counselling Training Manual
9. Balancing eBooks and Physical Books Basic Personal Counselling Training Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basic Personal Counselling Training Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Basic Personal Counselling Training Manual
 - Setting Reading Goals Basic Personal Counselling Training Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Basic Personal Counselling Training Manual
 - Fact-Checking eBook Content of Basic Personal Counselling Training Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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