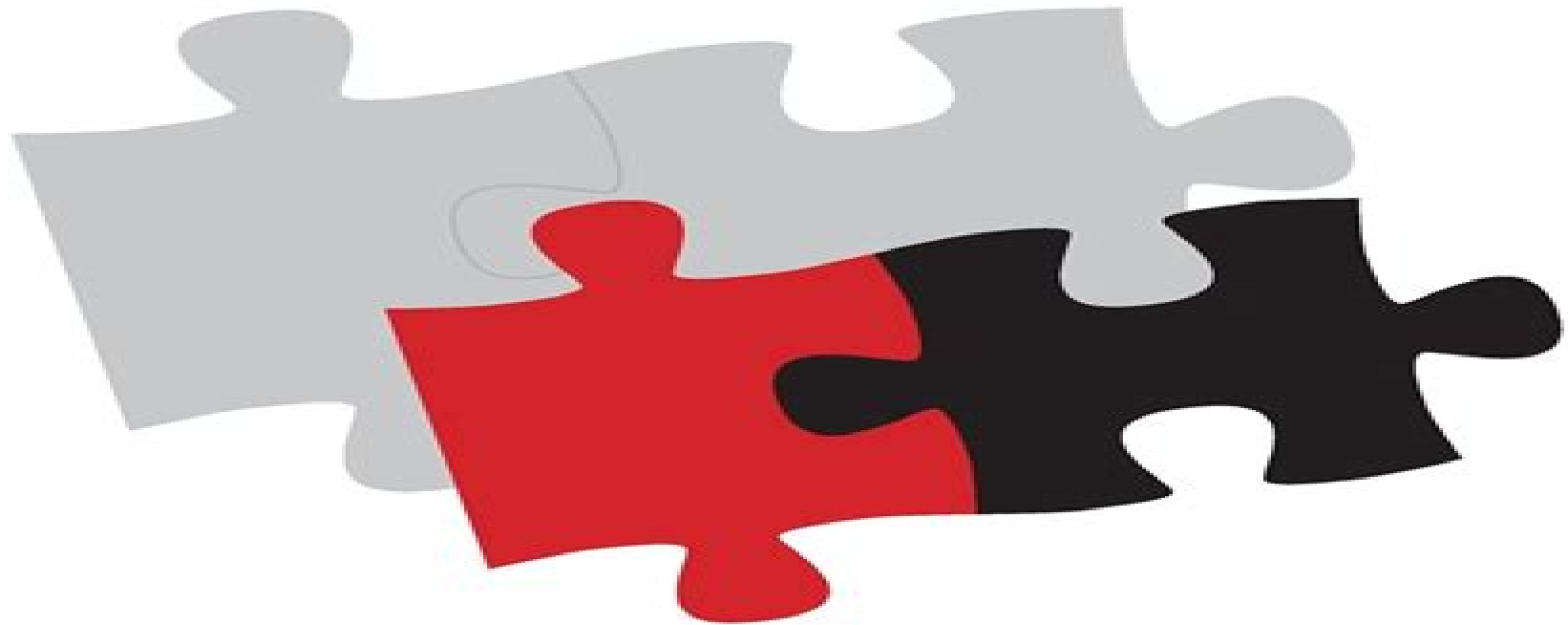


Second Edition

Brief Cognitive Behaviour Therapy

Berni Curwen,
Stephen Palmer
& Peter Ruddell



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Brief Multimodal Therapy Stephen Palmer, 2014-01-01 Joint award winner of the Annual Counselling Psychology Award for outstanding professional and scientific contribution to Counselling Psychology in Britain for 2000 **The Beginner's Guide to Counselling & Psychotherapy** Stephen Palmer, 2015-03-19 Are you interested in the field of counselling and psychotherapy or just starting out in your training Trying to get to grips with the many different approaches and decide which are right for you This book can help An ideal introductory text that assumes no prior knowledge leading authors in the field provide overviews of 26 counselling and psychotherapy approaches in accessible jargon free terms Each approach is discussed using the same framework to enable easy comparison and evaluation covering Development of the Therapy Theory and Basic Concepts Practice Which Clients Benefit Most Case study Four further chapters offer an insight into the therapeutic relationship working with diversity professional issues and research while resources such as suggested reading discussion issues appendices of further information and a comprehensive glossary help you consolidate your learning So look no further if you want to know the differences between counselling and psychotherapy compare psychodynamic and psychoanalytic theories discover how constructivist approaches can be applied in practice learn about third wave CBT therapies or just get an general overview of the field this second edition of a bestseller gives you a whirlwind tour of the breadth complexity fascination and problems of the field of counselling and psychotherapy Integrative and Eclectic Counselling and Psychotherapy Stephen Palmer, Ray Woolfe, 1999-12-30 Stephen Palmer is Joint award winner of the Annual Counselling Psychology Award for outstanding professional and scientific contribution to Counselling Psychology in Britain for 2000 The editors support for the integrative project is clear but the book will hold its own with the sceptics too I recommend it Counselling at Work This innovative and timely book examines the issues and ideas surrounding integration and eclecticism in a therapeutic context and provides a detailed account of a wide range of approaches in use Following an exploration of the origins of integrative and eclectic processes 10 approaches are explained in detail Chapters on each approach describe its central concepts assumptions and therapeutic goals outline its view of how psychological disturbance is acquired perpetuated and resolved examine how the theory relates to practice including examples of typical sessions and case studies and consider which clients might benefit Further chapters explore the implications of using integrative and eclectic approaches for training supervision for working in a time limited context and from a multicultural perspective

Introduction to Counselling and Psychotherapy Stephen Palmer, 2000-01-28 Stephen Palmer is joint award winner of the Annual Counselling Psychology Award for outstanding professional and scientific contribution to Counselling Psychology in Britain for 2000 An Introductory Text that applies a down to earth approach to a diversity of 23 therapeutic approaches within counselling and psychotherapy it was actually a pleasure conducting the review and having to read over the outlined models It is a definite entry for counselling training courses and will offer plenty of ideas for those teaching as well as

training It is fun to read and offers numerous ideas of how to put into place counselling techniques

Counselling Psychology Review This essential guide to *Understanding the Counselling Relationship* Colin Feltham, 1999-07-09 This book presents contrasting views of the relationship between the counsellor or therapist and the client as held by practitioners from diverse theoretical orientations Each chapter clarifies and considers the elements of the counselling relationship which have the most bearing on therapeutic practice and the strengths of each are highlighted in terms of understanding theory and skills

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Four Approaches to Counselling and Psychotherapy Windy Dryden, Jill Mytton, 2016-07-01 *Four Approaches to Counselling and Psychotherapy* provides an essential introduction to and overview of the main models of psychotherapy and counselling With a new preface from Windy Dryden this Classic Edition traces the development of counselling and psychotherapy and examines the relationship between the two The authors consider the four main models psychodynamic humanistic integrative and cognitive behavioural before focusing on the most popular approach for each including person centred rational emotive behavioural and multimodal Each approach is clearly examined in terms of its historical context and development its main theoretical concepts and its aims Written clearly and concisely the book will have international appeal as an ideal introductory text for all those embarking on psychotherapy and counselling courses It will also prove invaluable to students requiring a clear introduction to the subject

Client Assessment Stephen Palmer, Gladeana McMahon, 1997-03-18 This chunky little book is packed with interesting approaches to the currently fashionable area of client assessment This is a book for any counsellor or counsellor trainee's shelf a necessary reference for the sound professional

Counselling News The comprehensive series of essays is a timely contribution This book is about being professional and effective a valuable multimodal life inventory for use with clients is provided

Counselling The Journal of The British Association for Counselling What information will help you assess the therapeutic needs of a client Could you identify a suicidal client How can you tell whether or not you are working with appropriate clients Answering these and other questions this book sheds light on a crucial but often neglected area of counselling The authors provide clear guidelines backed up by practice points which clarify the assessment monitoring and evaluation of clients The book adopts a broad approach transcending specific counselling theories and covering the main issues involved at key stages in the client counsellor relationship from the initial contact through monitoring of the therapeutic programme to ending the counselling

process Areas examined include assessing the best type of therapy for each client identifying the client's therapeutic goals history taking referral and evaluating goal achievement Gladeanna McMahon is presenter of the ITV programme Dial A Mum

Brief But Comprehensive Psychotherapy Arnold Lazarus, 2006-03-16 The current healthcare environment has created a need for short term time limited cost effective and brief forms of psychotherapy emphasizing efficiency and efficacy The central message is don't waste time But how can one be brief and also comprehensive In his latest addition to the psychotherapy literature the renowned Arnold Lazarus modernizes his eclectic and goal oriented approach to psychotherapy Dr Lazarus employs and transcends customary methods of diagnosis and treatment by providing several distinctive assessment procedures and therapeutic recommendations Using his traditional acronym BASIC ID he stresses the assessment of seven dimensions of a client's personality Behavior Affect Sensation Imagery Cognition Interpersonal relationships the need for Drugs This volume contains many ideas that will augment and enhance the skills and clinical repertoires of every therapist

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Ian Horton, 2006 This all inclusive comprehensive book may on first glance appear to have little that is relevant to emergency nurses On closer scrutiny it covers many of the emotional problems and crises you will encounter in the emergency department It is a useful resource and reference book and will be valued by students and practitioners of emergency nursing Accident and Emergency Nursing Praise for the First Edition An amazingly comprehensive well written balanced and pluralistic handbook that manages to present the rainbow field of psychotherapy and counselling in an accessible and reliable way This state of the art volume will become absolutely indispensable for anyone involved in this work whether in training or qualified Andrew Samuels Professor of Analytical Psychology University of Essex This remarkable book is more than an elegant presentation of contemporary counselling and psychotherapeutic theory It is packed full of practical skills and hints all written by highly experienced practitioners and presented in an accessible and jargon free format No idea is left unturned This is a practical handbook in every sense of the word and essential reading for trainees and practitioners alike Professor Robert Bor Consultant Clinical Psychologist Royal Free Hospital London Well organized fully inclusive and skilfully edited it is going to be impossible not to buy this handbook Basically it has something on everything which people might ask about the counselling and psychotherapy profession Dave Mearns Professor of Counselling University of Strathclyde This is an immensely useful source book for therapists to keep near at hand in order to update knowledge and to satisfy curiosity about new ways of working It will also be extremely helpful for trainees as they strive to gain an over arching perspective in a rapidly proliferating field Professor Helen Cowie School of Psychology and Counselling University of Surrey Roehampton The SAGE Handbook of Counselling and Psychotherapy Second Edition is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising succinct and easy to access contributions the Handbook describes not only the traditional skills and theoretical models but also the most common client concerns brought to therapy

and the particular skills required for different practice settings and client groups Written and edited by those at the very forefront of counselling and psychotherapy the Handbook has been substantially updated for this the Second Edition and includes new material on evidence based practice psychopharmacology counselling by email psychodrama solution focused therapy quality evaluation and attachment theory For trainees The SAGE Handbook of Counselling and Psychotherapy Second Edition provides the ideal companion to each stage of their studies while for practitioners the Handbook is an indispensable source of professional reference

Counselling in a Multicultural Society Stephen Palmer, Pittu D Laungani, 1998-12-10 The book aptly describes explores and hits the core of very complex issues around race racism culture difference dual identity stereotypes immigration and alienation It is also very thought provoking raising questions about one's own ability to work more flexibly in the consulting room with clients of different backgrounds It is excellent for a directory of resources useful for training purposes and an enabling role model for good practice in counselling in a multicultural society I enjoyed it It should be a required handbook on the shelf of every caring professional working within a multicultural environment or setting Transformations The PCSR Journal This book examines the many complex issues surrounding counselling and therapy in a multicultural society It aims to sensitize readers to the cultural and racial setting in which counselling occurs and to raise awareness of the specific counselling needs of those from differing backgrounds The book explores the impact of culture on identity and of cultural differences on interaction It looks at how one might take a client's cultural context into consideration or deal with racism and provides a sophisticated account of the salient value systems of Western and non Western cultures Contributors also challenge the suitability of a client centred approach for clients from non Western backgrounds and explore the possibilities for transcultural culture centred and multimodal models of counselling in the West

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