

FIRST STEPS IN COUNSELLING

2nd edition



PETE SANDERS

A STUDENTS' COMPANION TO BASIC INTRODUCTORY COURSES

First Steps In Counselling Pete Sanders

Pete Sanders



First Steps In Counselling Pete Sanders:

First Steps in Counselling (5th Edition) Pete Sanders, Anja Rutten, Paula J. Williams, 2021-05-25 The highly acclaimed most accessible basic introduction for everyone wanting to know more about counselling and helping **First Steps in Counselling** Pete Sanders, 2002 This work aimed at absolute beginners offers a basic introduction to counselling courses through to certificate level **First Steps in Counselling** Pete Sanders, Paula J. Williams, Rogers Andy, 2021 First steps in counselling is essentially a book about helping This fifth edition has been thoroughly revised and updated to reflect changes in the role and practice of counselling in the 21st century It is for anyone thinking of becoming a counsellor working or volunteering in a role that requires helping and listening skills or simply caring for someone It explains in clear language what counselling is the theories on which it is based how it works and how it is positioned in relation to contemporary debate about culture politics language race and power This is not a how to help manual rather it is a questioning curious explorative and challenging companion It aims to be your guide along whichever route you are taking answer questions and help you decide if you want to take your interest in counselling to the next steps First steps in counselling remains the text of choice for students and tutors of introductory courses Page 4 of cover *Learning To Counsel, 4th Edition* Jan Sutton, William Stewart, 2017-09-07 Drawing on their numerous years experience as counsellors tutors and writers Jan Sutton and William Stewart introduce readers to the basic principles that underpin counselling practice Written in a clear concise and jargon free style and with its wealth of case studies examples of skills in practice and practical exercises this new edition is an ideal text for those embarking on a counselling or psychotherapy course trainee counsellors counselling tutors to use in training professionals working in the area of health care management and education and counsellors working in the voluntary sector It provides insight into various counselling approaches clarifies the nature of counselling and the role of the counsellor and assists readers to develop a repertoire of key counselling skills and qualities such as active listening genuineness unconditional positive regard empathy goal setting etc The book also addresses the important issues of ongoing supervision to enhance counselling practice and counsellor self care to reduce the risk of burnout *First Steps in Counselling* Pete Sanders, 2002 This work aimed at absolute beginners offers a basic introduction to counselling courses through to certificate level First Steps in Counselling Pete Sanders, 2011 This work aimed at absolute beginners offers a basic introduction to counselling courses through to certificate level First Steps in Counselling Pete Sanders, 1994 With over 100 000 copies sold First Steps in Counselling sets the standard for approachable entry level texts mapping out the ground for those with little or no prior experience The fourth edition brings this best selling text up to date for today's introductory students Client Issues in Counselling and Psychotherapy Janet Tolan, Paul Wilkins, 2011-11-10 This is the first book to focus on commonly occurring client issues and explore how to work with them from a person centred perspective Extensive case studies translate person centred theory into effective practice enabling therapists to work successfully with clients

presenting a variety of different problems including Post Traumatic Stress Depression Panic and Anxiety Drug and Alcohol Issues Eating difficulties Self harm Childhood Sexual Abuse Each chapter covers the origin and meaning of the difficulty the person centred therapeutic approach and process and the outcomes Drawing from a combined 50 years of experience in the field Paul Wilkins and Janet Tolan bring together leading person centred therapists to address how and why each problem can be eased by means of working with the person This book should be on the desk of every counselling and psychotherapy trainee and is recommended reading for other practitioners of health and social care working with these client groups

Learning and Being in Person-centred Counselling Tony Merry,2002 In the second edition of this hugely popular book Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy It offers in depth discussion of all aspects of person centred counselling from its origins to current developments in theory and practice The Contact Work Primer Pete Sanders,2007 The Contact Work Primer brings the work of Garry Prouty and his associates to a general readership Covering both Pre Therapy and contact work this book is the first English language publication to introduce the full range of applications including individual counselling psychotherapy institutional psychiatric settings work with special needs and learning disabilities and dementia care For everyone qualified and unqualified who wants to be more effective in their work with contact impaired clients The most accessible introduction to this most important development in helping Whitaker's Books in Print ,1998 **The British National Bibliography** Arthur James Wells,2006 **First Steps in Practitioner Research** Pete Sanders,Paul Wilkins,2010 For complete beginners in social sciences research this guides the reader from first principles through to completing a research project *Next Steps in Counselling Practice* Pete Sanders,2009 This 360 page book is a complete revision of the best selling first edition aligning it with contemporary developments in counselling and associated new training initiatives The six sections of the book focus on the practice of core counselling and professional skills with vignettes activities notes from practice full references suggestions for further reading and a running glossary The readership for the book will include intermediate and professional level counselling students certificate in counselling students HE Diploma and degree level counselling students counselling modules in degree courses in psychology social work speech therapy nursing and complimentary therapy courses involving face to face relationship based work *Bibliografia nazionale italiana* ,2004 **International Books in Print** ,1991 **First Steps in Counselling** Ursula O'Farrell,1999 Primarily aimed at those who are interested in knowing more about counseling and acquiring basic counseling skills First steps in Counseling will also be valuable to those already working in the area It offers a comprehensive coverage of all aspect **NEXT STEPS IN COUNSELLING AND PSYCHOTHERAPY PRACTICE (3RD EDITION)** NICOLA. SANDERS BLUNDEN (PETE. WILKINS, PAUL.),2025 Whitaker's Book List ,1991 **Bookseller and the Stationery Trades' Journal** ,1983

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