

1. Record Nr.	UNINA9910139538703321
Autore	Velleman Richard
Titolo	Counselling and helping [[electronic resource] /] / Richard Velleman and Sarajane Aris
Pubbl/distr/stampa	Malden, : BPS Blackwell, 2010
ISBN	1-282-47217-8 9786612472176 1-4443-1747-4 1-4443-1748-2
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (313 p.)
Classificazione	CU 7000 DS 5600
Altri autori (Persone)	ArisSarajane MurgatroydStephen J
Disciplina	158.3 158/.3
Soggetti	Counseling psychology Helping behavior Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Based on the original book by Steve Murgatroyd."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Counselling and Helping; Contents; Foreword; Preface; Acknowledgements; 1 Introduction: What This Book is About; Part I Foundations and Core Processes for Counselling and Helping; 2 Counselling and Helping; 3 The Basic Features of Counselling Relationships; 4 Being Helped: Creating the Right Conditions and Expectations; 5 Helping the Helpers; Part II The Range of Styles and Approaches; 6 Helping People to Cope; 7 Helping People to Do Things Differently; 8 Helping People with their Thinking; 9 Helping People with their Feelings; 10 Helping People with their Bodies 11 Helping People with their Unconscious Processes 12 Helping People with their Spirituality; 13 Helping People by Coaching; Part III Social Processes; 14 Helping People to Use their Networks; 15 Helping People in Groups; 16 Summary and Conclusions; Notes; Further Reading, Websites and Organisations; Index

## Sommario/riassunto

This new edition is an indispensable introduction to the core principles of counselling for those interested in counselling and those considering training. It describes the main styles of counselling, provides an excellent framework for helping, and introduces some of the approaches and key tools used within a counselling relationship. Offers a stimulating and highly accessible introduction to the key aspects of counselling. Recurring case studies to illustrate clearly the practical application of the range of styles and approaches in counselling and experiential exercises are included.

---