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Sommario/riassunto	Counselling is a diverse activity and there are an increasing number of people who find themselves using counselling skills, not least those in the caring professions. There is a great deal of scope in using counselling skills to promote health in the everyday encounters that nurses have with their patients. The emphasis on care in the community and empowerment of patients through consumer involvement means that nurses are engaged in providing support and help to people to change behaviours. Community nurses often find themselves in situations which require in-depth listening and responding sk