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Nota di contenuto	Cover; About the Author; Title Page; Copyright; Contents; List of Boxes; List of Activities; Preface; Part I - Introduction; Chapter 1 - What are Essential Counselling and Therapy Skills?; Part II - The Skilled Client Model; Chapter 2 - The Skilled Client Model; Chapter 3 - The Counselling and Therapy Relationship; Chapter 4 - Assessing Feelings and Physical Reactions; Chapter 5 - Assessing Thinking, Communication and Actions; Chapter 6 - Conducting Initial Sessions; Chapter 7 - Changing Communication and Actions - 1; Chapter 8 - Changing Communication and Actions - 2 Chapter 9 - Changing Thinking - 1 Chapter 10 - Changing Thinking - 2; Chapter 11 - Changing Feelings and Physical Reactions; Chapter 12 - Conducting Middle Sessions; Chapter 13 - Consolidating Skills and Terminating Counselling and Therapy; Part III - Practice and Training Issues; Chapter 14 - Diversity Sensitive Counselling and Therapy; Chapter 15 - Ethical Issues in Practice and Training; Chapter 16 - Supervision and Continuing Professional Development; Appendix; Bibliography; Name Index; Subject Index; Also Available from SAGE Publications
Sommario/riassunto	Written for trainees who are beginning to work with clients under

supervision, this is a step-by-step guide to therapeutic work using the 'skilled client model'.
