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Titolo	Brief counselling [[electronic resource]] : a practical, integrative approach // Colin Feltham and Windy Dryden
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Edizione	[2nd ed.]
Descrizione fisica	1 online resource (249 p.)
Altri autori (Persone)	DrydenWindy
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [215]-221) and index.
Nota di contenuto	pt. 1. Orienting the client to counselling -- pt. 2. Assessing the client's concerns -- pt. 3. Initiating change -- pt. 4. Encouraging change through homework -- pt. 5. Counselling in the middle phase -- pt. 6. Ending counselling.
Sommario/riassunto	Almost two thirds of counsellors and psychotherapists work with clients in up to twenty sessions each: this book reflects that reality and the challenges involved. The bestselling first edition of this book, by two of the UK's leading counsellor trainers and academics, was praised by trainers and tutors for its accessibility, comprehensiveness and practicality. It was also a leading contribution to the movement towards time-conscious counselling and to an understanding of the therapeutic alliance across time. The second edition has been thoroughly updated to include significant recent professi