

1. Record Nr.	UNINA9910793363303321
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Titolo	An introduction to helping skills : counselling, coaching and mentoring // Jane Westergaard
Pubbl/distr/stampa	London : , : SAGE Publications Ltd, , 2017
ISBN	1-4739-8405-X 1-4739-8807-1 1-4739-8731-8
Descrizione fisica	1 online resource (200 pages) : illustrations
Disciplina	158.3
Soggetti	Counseling - Study and teaching Psychotherapy - Study and teaching Helping behavior - Study and teaching
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	An Introduction to Helping Skills: Counselling, Coaching and Mentoring provides a full introduction to the theory and skills needed to work across the range of helping professions. Readers will be introduced to the three core approaches of counselling, coaching and mentoring, and shown how they work across a variety of settings, including therapy, teaching, social work and nursing. Part 1 takes readers through the theory, approaches and skills needed for helping work, and includes chapters on: . The differences and similarities of counselling, coaching and mentoring . Foundational and advanced skills for effective helping . Supervision and reflective practice . Ethical helping and working with diversity Part 2 shows how helping skills look in practice, in a variety of different helping professions. 10 specially-written case studies show you the intricacies of different settings and client groups, including work in schools, hospitals, telephone helplines and probation programs. Whether a trainee in counselling, coaching or mentoring, or a professional working with helping relationships, this book will help develop the skills and knowledge to work effectively across the helping professions.

