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Autore	Sanderson Christiane
Titolo	Counselling skills for working with shame // Christiane Sanderson
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2015
ISBN	1-78450-001-1
Descrizione fisica	1 online resource (266 p.)
Collana	Essential skills for counseling
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- The language of shame -- The nature of shame -- Sources of shame -- The impact of shame -- Defences against shame -- Shame in sex and sexuality -- Shame, addictions and compulsion -- Shame, violence and abuse -- Shame in therapy -- Skills for working with shame -- Counsellor shame -- Skills for building shame resilience.
Sommario/riassunto	Counselling Skills for Working with Shame helps professionals to understand and identify shame and to build shame resilience in both the client and themselves. Shame is ubiquitous in counselling where there is an increased vulnerability and risk of exposure to shame. While many clients experience feelings of shame, it is often overlooked in the therapeutic process and as a result can be left untreated. It is particularly pertinent when working with clients who have experienced trauma, domestic or complex abuse, or who struggle with addiction, compulsion and sexual behaviours. Written in an acc