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Nota di contenuto	1. So you want to help people? -- 2. Being there : developing the capacity for holding -- 3. The story unfolds : the skills of exploring -- 4. The elephant in the room : the first three sessions -- 5. Fix the problem, or re-parent the person? Alternative paths in therapy and counselling -- 6. Gentle honesty : skills of encountering -- 7. 'Giving wise advice' : the skills of coaching -- 8. 'But how do you know when they're finished?' : supervised work with clients -- 9. Further along the road less travelled: What counselling and therapy can accomplish.
Sommario/riassunto	Since its first publication in 2012, A Safe Place for Change has been adopted by both universities and private colleges as a set or recommended text in programs across Australia and New Zealand. Students have enjoyed its easy-to-read style and its abundant examples of what 'real counselling' looks like. While Crago and Gardner emphasise the vital importance of the therapeutic relationship, they refer to a wide range of different models and theories in direct relation to what counsellors actually do—the element that is often lacking in 'Models of Counselling' courses. Now A Safe Place for Change appears in its second edition, from IP. In this revision, the authors have

enlarged their coverage of the neurological research that has revolutionised our knowledge of brain functioning and provided hard evidence of how the therapeutic encounter really does change clients. The authors also include a complete new chapter on how psychotherapy unfolds over the long term. Although Crago and Gardner originally wrote for students, their book has a great deal to offer experienced practitioners. Psychologists and social workers, in particular, may be surprised to discover here key concepts that did not form part of their professional training. Here is the distilled wisdom of two lives spent in doing (and teaching) counselling and therapy.

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