

1. Record Nr.	UNINA9910816172503321
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Titolo	Counselling and the life course // L?eonie Sugarman
Pubbl/distr/stampa	London ; ; Thousand Oaks, Calif., : SAGE Publications, 2004
ISBN	1-280-36982-5 1-4462-3725-7 1-4129-3355-2 9786610369829 1-4462-1893-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (130 p.) : ill
Collana	Professional skills for counsellors
Disciplina	361.06
Soggetti	Counseling Developmental psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [114]-122) and index.
Nota di contenuto	Cover Page; Title; Copyright; Contents; 'Activity Trail' Exercises; Acknowledgements; Introduction; 1 Composing a life; 2 Developmental tasks and themes; 3 Counselling across the life course; 4 Transitions and turning points; 5 Life stories; 6 Taking a life course perspective; Appendix: commentaries on the Activity Trail exercises; References; Index
Sommario/riassunto	The author introduces counsellors to the concept of the life course as a multidimensional and multidisciplinary framework for thinking about clients' lives within and beyond the counselling setting. It aims to give counsellors an understanding of human development and how it impacts upon their work with clients.