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Nota di contenuto	Cover; Contents; 1 Welcome to the concepts: introduction and overview; 2 The inside story: or trapped and alone with the couch...; 3 Me and you, you and me: interpersonal issues; 4 Challenging: do I really have to sit here and listen to anything, even when I think it's drivel?; 5 Tight lips, heavy hearts: articulating without words; 6 Counselling clients with mental health problems; 7 Let's get all this counselling stuff into perspective: we can only do what we can do!; 8 They seek it here, they seek it there, they seek for counselling everywhere ... 9 Talk, talk, talk: what is all this about?10 Philosophy, psychology, faith and goodwill; 11 Getting in and out of counselling: professional issues; 12 Blank minds - hardly ever sticky moments -not any more!; Bibliography; Index

Sommario/riassunto

This hugely pragmatic text draws on humour and experience to explore and demystify some of the issues and dilemmas that counsellors find themselves in today. Well referenced and researched, this revised edition updates the discourse on many current themes with new sections.
