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Nota di contenuto	AN INTRODUCTION TO HELPING SKILLS- FRONT COVER -- AN INTRODUCTION TO HELPING SKILLS -- COPYRIGHT -- CONTENTS -- ABOUT THE AUTHOR -- ACKNOWLEDGEMENTS -- INTRODUCTION TO THE BOOK: DEFINING THE HELPING RELATIONSHIP -- PART I- THEORY, APPROACHES AND SKILLS -- CHAPTER 1- HELPING ROLES AND PROFESSIONS: DEFINING THE TERMS -- CHAPTER 2- A HELPING MODEL: COUNSELLING, COACHING AND MENTORING -- CHAPTER 3- FOUNDATION SKILLS FOR EFFECTIVE HELPING -- CHAPTER 4- ADVANCED SKILLS FOR EFFECTIVE HELPING -- CHAPTER 5- SKILLS IN CONTEXT -- CHAPTER 6- THE REFLECTIVE AND REFLEXIVE HELPER -- CHAPTER 7- THE ETHICAL DIMENSION OF HELPING -- CHAPTER 8- WORKING WITH DIVERSITY -- CHAPTER 9- SUPERVISION AND CONTINUING PROFESSIONAL DEVELOPMENT FOR HELPERS -- PART II- ROLES IN THE HELPING PROFESSIONS -- CASE STUDY 1- 'ANNIE', CONTRIBUTED BY A LEARNING SUPPORT ASSISTANT IN A MAINSTREAM SECONDARY SCHOOL -- CASE STUDY 2- 'MAGGIE', CONTRIBUTED BY A LIFE-COACH IN PRIVATE PRACTICE -- CASE STUDY 3- 'CALLER', CONTRIBUTED BY A TELEPHONE HELPLINE COUNSELLOR -- CASE STUDY

4- 'DIANE', CONTRIBUTED BY AN NHS COMMUNITY DRUGS AND ALCOHOL WORKER -- CASE STUDY 5- 'KANE', CONTRIBUTED BY A TEACHER IN A CHILDREN'S HOSPITAL -- CASE STUDY 6- 'LETCHME', CONTRIBUTED BY A REGISTERED MANAGER OF A CHILDREN'S HOME -- CASE STUDY 7- 'AMY', CONTRIBUTED BY A COUNSELLOR AND COACH THERAPIST IN PRIVATE PRACTICE -- CASE STUDY 8- 'JOE', CONTRIBUTED BY A TRAINEE PROBATION OFFICER -- CASE STUDY 9- 'MEGAN', CONTRIBUTED BY A CARE MANAGER ASSISTANT -- CASE STUDY 10- 'KANTA', CONTRIBUTED BY A SURGICAL NURSE SPECIALIST -- REFERENCES -- INDEX.

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## 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.

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