

1. Record Nr.	UNINA9910821384903321
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Titolo	Time-limited counselling // Colin Feltham
Pubbl/distr/stampa	London ; ; Thousand Oaks, Calif., : Sage Publications, 1997
ISBN	1-4462-3918-7 1-283-88112-8 0-8039-7975-4 1-4462-6613-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource ([viii], 174 p.)
Collana	Professional skills for counsellors
Disciplina	361/.06
Soggetti	Counseling Short-term counseling
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. [162]-169) and index.
Nota di contenuto	Cover; Contents; Acknowledgements; Chapter 1 - Introduction: The Nature of Time; Chapter 2 - Attitudes to Time in Counselling and Psychotherapy; Chapter 3 - Kinds and Models of Short-Term and Time-Limited Counselling and Psychotherapy; Chapter 4 - The Appropriateness of Time-Limited Counselling for Different Clients; Chapter 5 - Key Ingredients, Skills and Strategies; Chapter 6 - Case Examples: Learning from Experience; Chapter 7 - Problems and Troubleshooting; Chapter 8 - Management of Time-Limited Counselling in Context; Chapter 9 - Training, Supervision, Evaluation and Research Issues AppendicesReferences; Index
Sommario/riassunto	Using illustrative examples, Colin Feltham outlines in this book the practical, technical skills, strategies and knowledge counsellors must have in order to undertake limited-time counselling.