

PSYCHODYNAMIC COUNSELLING IN *Action*



COUNSELLING
- IN ACTION -

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Psychodynamic Counselling In Action Counselling In Action Series

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Psychodynamic Counselling in Action Michael Jacobs, 2017-05-29 This substantially revised fifth edition of a classic text includes an updated preface new content on the therapeutic relationship substantially revised chapters on the middle phase of counselling and reflections on the influence of other modalities and shared aspects of practice across approaches Each chapter now includes an annotated Further Reading section to help deepen knowledge and reinforce learning of key aspects of the counselling process

Psychodynamic Counselling in Action Michael Jacobs, 2024-07-27 This classic text demonstrates psychodynamic theory and practices across the counselling process beginning middle end This revised sixth edition includes a new preface updated further reading sections and a new chapter covering contemporary issues including online working the application of a social justice and DEI agenda within the field of psychodynamic theory and practice Counselling in Action is a bestselling series of practical introductions designed for trainees and practitioners Each book introduces one of the main theoretical approaches and provides a guide to the process of counselling from beginning to end Covering theory and practice they are trusted companions for many courses in counselling and psychotherapy and other professions such as nursing social work and teaching

Psychosynthesis Counselling in Action Diana Whitmore, 2004-09-23 This edition has been fully revised and updated to take account of recent developments in the field It remains the most practical guide to the principles and primary techniques of the psychosynthesis approach and its effective use in counselling

Rational Emotive Behavioural Counselling in Action Windy Dryden, Michael Neenan, 2004-06-09 As the creator of Rational Emotive Therapy I have probably read more books dealing with its theory and practice than has anyone else Of all these books Windy Dryden and Michael Neenan's is easily one of the best Albert Ellis Albert Ellis Institute

Key Issues for Counselling in Action Windy Dryden, Andrew Reeves, 2008-09-17 Effective counselling is based on a strong working relationship between counsellor and client Building and maintaining this therapeutic alliance demands both skill and an ability to negotiate challenges which arise during the counselling process Key Issues for Counselling in Action prepares new practitioners for face to face work with clients by looking at what is required at each stage of the process and examining issues which practitioners most frequently need to deal with along the way The topics covered are relevant to all counsellors regardless of theoretical orientation The book explores the everyday issues counsellors face when getting started making an assessment working at relational depth setting goals and ending the relationship Advice is also given on more difficult challenges such as dealing with reluctant clients stuckness client dependency and unplanned endings Key Issues for Counselling in Action is a bestselling text which has been used to train many thousands of counsellors as well as supporting their continuing professional development This second edition has been completely re written and includes new material on the use of touch self care culture and counselling evaluation Windy Dryden is Professor of Psychotherapeutic Studies Professional and Community Education PACE at Goldsmiths College University of London Andrew Reeves is a University

Counsellor at the University of Liverpool Counselling Service and Editor of the journal Counselling Psychotherapy Research

Integrative Counselling Skills in Action Sue Culley, Tim Bond, 2011-03-31 As a counsellor supervisor and trainer I find this book such an excellent resource It is invaluable in my teaching as well as supporting learning in supervision Culley and Bond use their extensive experience as practitioners to demystify potentially complex ideas instead presenting them in an accessible and engaging way Counselling skills are described clearly and case study material is relevant to practice The third edition brings new and contemporary content that further enhances the value of the book Buy it now Dr Andrew Reeves
Counsellor Supervisor Trainer and Editor of Counselling and Psychotherapy Research journal Integrative Counselling Skills in Action third edition is a bestselling introduction to the core counselling skills It takes you step by step through the skills and strategies needed at each stage of the counselling process beginning middle and end using illustrative case examples and providing practical checklists and summaries New to the third edition Negotiating and managing a counselling contract Using self disclosure Preparing for and using supervision An example of supervision included in extended case study A new preface Integrative Counselling Skills in Action is used by many thousands of students and practitioners who need guidance on using counselling skills in a variety of helping settings

Transactional Analysis Counselling in Action Ian Stewart, 2013-10-23 Selling over 25 000 copies across three editions this book provides an unrivalled introduction to the core concepts and basic techniques of Transactional Analysis TA Ian Stewart guides the reader step by step through the successive stages in using TA to create therapeutic change building understanding of the way the approach works in real life practice Key features of this new edition include a single extended case study running through the book Key ideas panels to summarize the main ideas in each section Detailed discussion of closing the escape hatches TA's distinctive approach to resolving the issues of suicide self harm or violence Practice Checklists offering suggested questions readers can use to appraise their own work with clients at strategic points in the text Space for Reflection sections and Further Reading lists to conclude each chapter This bestselling textbook offers trainee and practising psychotherapists and counsellors a concise hands on exploration of current concepts and techniques in Transactional Analysis Ian Stewart is Co Director of The Berne Institute Nottingham He is the author of Eric Berne SAGE 1992 and Developing Transactional Analysis Counselling SAGE 1996 and co author of TA Today 2nd edn Lifespace 2012

Training and Supervision for Counselling in Action Windy Dryden, Brian Thorne, 1991-03-26 An excellent compilation Given the explosion in the demand for both counselling and supervision this book should be required reading for all those putting a toe in these complex waters However I think it is also a salutary guide for those already practised as trainers and supervisors I found the issues raised stimulated me to think again about my own practice and to profit from that exercise Counselling The Journal of the British Association for Counselling This accessible book explores the issues involved in both the training and supervision of counsellors and in the preparation of those who are to undertake supervisory and training roles The number of training courses is growin

Hard-Earned

Lessons from Counselling in Action Windy Dryden, 1992-09-08 This is a very honest book and should be essential reading for anyone beginning training as a counsellor It will also be useful for experienced therapists to stimulate reflections on their own practice to examine their work and to learn from errors It is refreshing to witness the honesty and openness of the writers especially so in the present culture where many therapists set themselves up as flawless experts I would recommend this book it provides an informed and open discussion on the problems encountered by therapists Clinical Psychology Forum

Counsellors often struggle in their work with clients convinced that their more experienced colleagues have not encountered similar problems and worries In this volume some of Britain's leading counsellors give the lie to this myth Writing openly and frankly they share the painful lessons they have learned over the course of their careers as practitioners The contributors combined experience proves that all counsellors no matter how expert or well known have made mistakes or faced challenges and from them have had to learn aspects about the process of counselling the hard way The five lessons from each contributor are placed in the context of the counsellor's own particular circumstances and a concluding section in each chapter links the connecting themes that emerged throughout their learning process

Counselling Skills in Action Megan R. Stafford, Tim Bond, 2020-03-09 To access the exclusive SAGE Videos please see the code and instructions on the inside front cover of your textbook If you have purchased the eBook from Amazon or another online retailer please visit the book's online resource site to contact SAGE and we will assist further Now in its 4th edition this bestselling book introduces you to the core counselling and psychotherapy skills you will need for effective therapeutic practice With an online resource site featuring over 30 videos you will be taken step by step through the skills and strategies needed at each stage of the therapy process

Person-Centred Counselling in Action Dave Mearns, Brian Thorne, 2007-05-21 Watch Dave Mearns and Brian Thorne's video on YouTube to hear the story behind the writing of the Third Edition and to find out about Dave's time spent under the stewardship of Carl Rogers SAGE celebrated the 20th Anniversary of the Counselling in Action series in November 2008 To view the video click [here](#)

REVIEWS Thank you for revising the bible I am a tutor on a so called integrative counselling course and I thoroughly endorse the idea that Carl Rogers would have welcomed this honesty and new interpretation of his model Your SAGE book is indeed a bible and I have repeatedly recommended it to the students lecturer YouTube For students and those new to person centred counselling there is a clear exposition of person centred theory For experienced practitioners there are new and challenging theoretical developments within the person centred approach If new to counselling this is a must have If wondering whether to invest in this edition when there is already a copy of the earlier one on the shelf the challenge of the new theoretical material is persuasive but if that is not enough then the updated practice guidance the practical questions and answers and the comprehensive references must make this new edition another bestseller

Therapy Today It is now almost twenty years since the first edition of *Person Centred Counselling in Action* appeared In that time this SAGE bestseller has maintained enormous popularity with trainees and practitioners and

has achieved world wide acclaim This substantially revised Third Edition provides an excellent introduction to the theory and practice of person centred counselling while incorporating exciting new developments in the approach Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors At the same time they provoke reflection on many of the key issues which concern not only person centred practitioners but those across the whole counselling and psychotherapy field New to this edition is the inclusion of relational depth a key development for the person centred approach and counselling generally extended discussion of the counsellor's use of self a new chapter containing the authors answers to frequently asked questions the inclusion of diversity issues covering religion gender and sexual orientation further reading suggestions Much has changed in the person centred orientation since the death of Carl Rogers in 1987 Not only have new schools of thought emerged with different emphases and therapeutic possibilities but the authors of this book have themselves been responsible for significant advances in key areas of person centred theory and practice These developments are fully reflected in the revised text Continuing to offer a clear exposition of the theory and practice of the approach Person Centred Counselling in Action Third Edition will be invaluable for those embarking on their first stages of training Well established practitioners and even seasoned scholars will continue to find much to interest and stimulate them Praise for previous editions An important book a most sophisticated text Mearns and Thorne have written a book for all counsellors and psychotherapists The reader will be left both grateful and hungry for more British Journal of Guidance and Counselling The discussion of empathy acceptance and congruence is central and should be required reading for all trainees working to understand the richness of these core concepts outstanding Counselling and Psychotherapy The Journal of the British Association for Counselling and Psychotherapy Without doubt the clearest description of the person centred approach to counselling that I have read apart from Carl Rogers own writings I felt that I had got to know both Dave Mearns and Brian Thorne through their offering the reader their own congruence and I found this aspect of the book at times quite moving Social Work Today Gives real insight into person centred counselling This is a gentle book an absolute delight to read I couldn't put it down as it held me in the realm of my own feelings I would like to thank both authors for sharing so much of their intimate selves I recommend this book to trainee counsellors trained counsellors clients and those involved in the helping professions It is a book that has influenced me and that I would not want to be without BPS Counselling Psychology Review Excellent all rounder for practitioners to learn and build upon counselling skills with young offenders lecturer Guidance Youth and Youth Justice Nottingham Trent University An excellent text Student friendly and covering all main issues lecturer Psychology Swansea Institute of HE Stimulates a re exploration of the doctor patient relationship British Medical Journal I felt understood by this book Ann Weiser PCA Letter Network This book could very sensibly be placed on the reading lists of all counselling trainers and trainees this is the most informative and useful book I have read in a long time and I have no doubt that if Carl Rogers were still alive today he would not only agree but also acknowledge experiencing

some envy Changes The skilful conveying of tenderness and building of trust are well explained and described with lots of case study examples Guidance Matters Excellent book a useful and practical way to underpin current emphasis on humanism in nursing lecturer West London NHS Mental Health Trust Continues to be an excellent easy introduction but with depth Deserves to be a bestseller lecturer Preston College The book conveys the profound respect for the person for his her autonomy and uniqueness which is inherent in the Rogerian approach British Journal of Medical Psychology A marvelous book highly recommended Someone has finally written an easily accessible book about the theory and practice mostly practice of the kind of therapy that makes the most sense to many focusers Hurrah The Focusing Connection Truly allows the reader to enter the world of the person centered counsellor Contemporary Psychology Person Centred Counselling in Action written by Dave Mearns and Brian Thorne was originally published in 1988 about a year after the death of Carl Rogers It has helped to maintain and stimulate interest in this approach and has become a best seller in the Counselling in Action series The Journal of Critical Psychology Counselling and Psychotherapy **Personal Construct Counselling in Action** Fay Fransella, Peggy Dalton, 2000-03-27 Praise for the First Edition In Britain few people can have contributed more to the development of a personal construct approach than Fay Fransella and Peggy Dalton Their book is primarily written for those who may wish to incorporate Kelly s ideas into their existing counselling framework This is an informative book which is concise well written and with no shortage of clinical examples relevant to all who are interested in counselling and psychotherapy British Journal of Psychology The revised and updated edition of this practical accessible book gives a clear introduction to personal construct counselling for counselling trainees and practitioners alike Outlining the key principles of the personal construct approach to counselling and relating them to practice the book carefully explores ways in which counsellors through credulous listening to everything the client says and does not say can build the client s awareness of the manner in which he or she construes problems The range of methods that can be used to help the counsellor and client learn more about inherent contradictions and their implications are described and illustrated The book goes on to show how the counsellor and client in partnership can then devise experiments for change through which the client can try out new and more rewarding ways of constructing and acting A number of approaches to facilitating change are discussed and exemplified **Questions and Answers on Counselling in Action** Professor Windy Dryden, 1993-08-05 Seminars by Professor Windy Dryden See the man live and in action To find out more and to book your place go to www.cityminds.com

SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008 To view the video [click here](#) The kind of book where any time you open it you re likely to find something of current interest that relates to your practice and to issues you ve been thinking about If we regard the questions and answers as serving to stimulate thought and discussion then the collection serves a useful purpose indeed Self Society Does counselling have to be long term to be helpful Should only women counsel women How can you evaluate counselling Is it easy to start

your own private practice In this highly readable book some of Britain's leading experts offer clear answers to these and many other frequently asked questions The resulting discussion ranges over all aspects of counselling from practical and theoretical to personal and ethical matters Some questions have straightforward solutions others prove much more controversial In both instances the views represented here should go a long way towards encouraging deeper consideration of the principles and practice of counselling

Gestalt Counselling in Action Petruska Clarkson, 2004-09-18 Gestalt Counseling in Action is a bestselling text which has sold over 30 000 copies Now in its Third Edition the book continues to be a popular text for training in counselling and psychotherapy and with practitioners who are new to the gestalt approach Fully revised and updated Gestalt Counselling in Action Third Edition includes a new chapter which explores recent developments in the field and looks to the future for the gestalt approach

Transcultural Counselling in Action Patricia d'Ardenne, Aruna Mahtani, 1999-08-28 A useful resource for counsellors wishing to improve their efforts at transcultural counselling New Therapist I found I enjoyed this edition because of the political analysis that the authors pose and the understanding that racism and particularly institutional racism do still occur and that change will only happen if we all act more proactively training bilingual counsellors and promoting anti racism in the workplace In the wider world counsellors have a responsibility to advocate best practices for diverse communities it is a treasure trove for anyone interested in understanding the complex issues or working with and across cultures The dynamics patterns and interactions Roger Herring describes

Experiences of Counselling in Action Dave Mearns, Windy Dryden, 1989-12-06 How hard it is to find a book to recommend to trainees which will give them an insight into what counselling and psychotherapy too for that matter is really like This book does exactly that This is a book which would be equally useful to the humanistic practitioner and the more orthodox one The breadth of sympathy is admirable in dealing with what is common to all orientations This is one of those rare books which does justice both to the human experiences involved in counselling and psychotherapy and to the theory which might explain those experiences Changes What is the experience of counselling from the perspectives of both client and counsellor What can be learned for the practice of counselling from an understanding of how it feels to be a client or a counsellor Addressing these questions central to this book are the personal accounts of individual clients and counsellors who each relate their own very different experiences of counselling They explore such issues as identity expectations trust power and boundaries in the client counsellor relationship And each examines the intense personal meanings of success or failure in the client or counsellor role An analysis of the implications for the counselling relationship concludes the volume

Cognitive Behavioural Counselling in Action Peter Trower, Jason Jones, Windy Dryden, Andrew Casey, 2011-01-19 This best selling eminently practical evidence based guide to the cognitive behavioural approach to counselling has now been substantially revised and updated to reflect current theoretical and practical developments in the CBT field The second edition contains an expanded step by step guide to the process of counselling from initial contact with the client to

termination The guide follows a skills based format and new case studies illustrate the theory into practice Drawing on their own extensive experience and contemporary research the authors provide a concise overview of the cognitive behavioural approach with new material on emotional problems rarely covered in practitioner guides a strong emphasis on the therapeutic alliance and updated bibliographic references throughout *Standards and Ethics for Counselling in Action* Dr Tim Bond,2000-03-27 In Praise of the First Edition Essential reading for therapists counsellors supervisors trainers and health care workers It is a book which will help us all to guard the high professional and ethical standards to which responsible workers aspire and which all our clients are entitled to expect British Journal of Guidance Counselling Highly recommended Essential on every counselling course reading list as well as on counsellors own bookshelves Counselling The Journal of the British Association for Counselling This highly acclaimed guide to the major responsibilities which trainees and counsellors in practice must be aware of be *Standards and Ethics for Counselling in Action* Tim Bond,2015-03-23 Get 24 months FREE access to an interactive eBook when you buy the paperback Print paperback version only ISBN9781473913974 To find out more visit <https://study.sagepub.com/counsellingethics> Textbook with free access to counselling videos and other digital resources The fourth edition of this classic text includes FREE access to an interactive eBook edition which gives you on the go access to a wealth of digital resources supporting the print edition It includes 16 counselling scenario videos 16 author discussion videos an interactive glossary journal articles interactive multiple choice questions live links to useful websites including ethical codes and frameworks relevant to the UK and internationally The 16 counselling scenario videos illustrate key ethical topics issues and dilemmas arising in counselling practice including contracting confidentiality working with a client with suicidal intent counselling in a digital age counsellor self care and much more In the 16 author discussion videos leading expert Tim Bond gives his reflections on each counselling scenario to support you in your ethical practice Other updates to the new edition include three new chapters on Working with Social Diversity Counselling in a Digital Age and Being Accountable Evidence based Practice and Monitoring and new content on reflective practice to encourage ethical mindfulness This is the ultimate guide to standards and ethics in the psychological therapies and a must read for all trainees and practitioners Tim Bond is an Emeritus Professor of the University of Bristol and Visiting Professor to the University of Malta We are putting the finishing touches on all of the carefully crafted tools and resources that will soon be available to you on the interactive ebook Please check back soon to see what the interactive ebook has to offer interactivity only available through VitalSource eBook 9781473913974 *Emotion-Focused Counselling in Action* Robert Elliott,Leslie Greenberg,2021-02-24 This is the definitive introduction to the theory and practice of emotion focused counselling Starting with an introduction to the main theory and concepts it then guides you through the counselling phases from beginning to end The final chapter extends your learning by examining different client populations process research and ways of monitoring your practice Chapters include features such as case studies and transcripts further reading sections and

reflective exercises that help you to enhance your understanding of the approach

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