



Practical Counselling Skills: An Integrative Approach

By Kathryn Geldard

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Practical Counselling Skills is a comprehensive course text for training new counsellors in basic and more advanced counselling micro-skills which come from a number of therapeutic approaches. The book enables new trainees to learn how to make informed choices about the type of skill to use and how to integrate these skills within a sequential counselling process. It contains the following:

- A wide variety of examples to illustrate each counselling micro-skill
- Practice examples of client statements for use by students, with suggested counsellor responses
- Client statements, without solutions, for use by teachers in helping students to learn particular micro-skills
- An explanation of the therapeutic approaches related to particular micro-skills
- A discussion of the way to combine skills to facilitate change
- A discussion of a range of practical issues including cultural and ethical issues, the counselling environment, keeping records, the need for supervision, and the need for the counsellor to look after themselves

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Editorial Review

From the Back Cover

This book is an excellent course text for training new counsellors in basic and more advanced counselling micro-skills which come from a number of therapeutic approaches. It enables new trainees to learn how to integrate these skills within a sequential counselling process. It is an easy to read introduction to counselling which teachers will find particularly useful because it contains the following:

- A wide variety of examples to illustrate each counselling micro-skill
- Practice examples of client statements for students with suggested counsellor response
- Client statements, without solutions, for use by teachers in helping students to learn particular micro-skills
- An explanation of the therapeutic approaches related to particular micro-skills
- A description of a sequential integrative process which enables students to make informed choices about which skills to use at particular stages of the counselling process
- A discussion of the way to combine skills to facilitate change
- A discussion of a number of practical issues including cultural and ethical issues, the counselling environment, keeping records, the need for supervision, and the need for the counsellor to look after themselves

About the Author

KATHRYN AND DAVID GELDARD work together in their private practice as counsellors, and as trainers and supervisors of other counsellors. Kathryn is a child and family therapist and occupational therapist. David is a psychologist. Together they have co-authored the books *Counselling Skills in Everyday Life*, *Working with Children in Groups*, *Counselling Children*, and *Counselling Adolescents*.

Users Review

From reader reviews:

Kevin Strickland:

The publication with title Practical Counselling Skills: An Integrative Approach contains a lot of information that you can discover it. You can get a lot of advantage after read this book. This kind of book exist new expertise the information that exist in this book represented the condition of the world currently. That is important to you to find out how the improvement of the world. This particular book will bring you within new era of the global growth. You can read the e-book with your smart phone, so you can read it anywhere you want.

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