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Counselling Adolescents: The Proactive Approach for Young People

By Kathryn Geldard, David Geldard, Rebecca Yin Foo



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This is the definitive guide to counselling adolescents. Now in its fourth edition, this bestseller has introduced thousands of trainees and practitioners to the theory, principals, skills and techniques of proactively counselling this client group.

New to the fourth edition:

- A new chapter on the contemporary context of adolescence, exploring the challenges, opportunities and influences facing young people today.
- A new chapter on the use of technology when counselling young people
- Useful links to relevant online resources at the end of each chapter
- Updates to all chapters reflecting more recent understanding, research and literature
- Additional case studies to help trainees apply theory and strategies to practice

A multi-disciplinary book which recognises that a diversity of needs requires a diversity of approaches and skills, it uses case studies and examples to demonstrate this in a variety of settings. It is essential reading for trainees and practitioners in counselling, social work, the allied health professions and education.



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Editorial Review

Review

I am thrilled that this book has been updated as it is a stalwart in my teaching of counselling to both school counsellors and psychologists. The book is a fantastic, easy to read resource which refreshes experienced practitioners as well as informing students new to the profession. Professor Marilyn Campbell, School of Cultural and Professional Learning, Queensland University of Technology. (Marilyn Campbell *Marilyn Campbell*)

About the Author

KATHRYN GELDARD, PhD, is a lecturer and counsellor supervisor in the School of Psychology and Counselling at the Queensland University of Technology (QUT) in Brisbane, Australia. Her research interests include adolescent peer counselling and counselling effectiveness as perceived by the adolescent client in the QUT Psychology and Counselling Clinic.

Kathryn is currently conducting research with Australian Aboriginal adolescents with regard to developing a culturally sensitive peer support program in a regional community. She is the author of a number of textbooks on counselling and has several years experience in supervising and training counsellors.

David Geldard has an international reputation as a counselling psychologist and for his work in counselling children and their families.

Rebecca Yin Foo is an educational and developmental psychologist who specialises in working with children and families.

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