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# Basic Personal Counselling

A training manual for counsellors

7th edition

David Geldard &  
Kathryn Geldard

# Basic Personal Counselling A Training Manual

**Christian G. Meyer**



## **Basic Personal Counselling A Training Manual:**

Basic Personal Counselling David Geldard, 1993      *Basic Personal Counselling* David Geldard, 1999 This introduction to personal counselling for professional and volunteer counsellors and those who train them covers the specific skills required and includes examples of dialogue to show how counselling skills are implemented in real situations      *Basic Personal Counselling: A Training Manual for Counsellors* David Geldard, Kathryn Geldard, Rebecca Yin Foo, 2017-01-01 Basic Personal Counselling is an easy to read introduction to counselling that reflects current best practice It teaches core interviewing skills and provides a framework of practical examples and training group exercises to enable students to progressively build a skill repertoire The book is designed to prepare students for field placement and therefore has a strong vocational focus Introduces counselling skills in a logical sequence and provides practical examples of the skills in action Discusses the process of change involved in counselling Provides approaches for counselling people with specific problems such as anger depression grief suicidal ideation Discusses professional issues including confidentiality ethics record keeping      **Basic Personal Counseling** David Geldard, 1989-01-01      **Counselling Adolescents** Kathryn Geldard, David Geldard, 2009-10-21 Filled with practical and effective approaches this book is an asset to anyone wanting to develop their skills in working with adolescents Samantha Best CAMHS Manager and Clinical Nurse Specialist This publication is a further invaluable resource to counsellors wanting to work with young people It offers a one stop shop for any practitioner who wants to understand adolescent development and the need for a counselling approach that parallels this with helpful strategies for enhancing the counselling conversation and the relationship between counsellor and the young person Barbara Rayment Director of Youth Access London Providing an excellent introduction to counselling young people that is theoretically sound and rich in delivering practical techniques this book is an important addition to the personal library of counselling students and counsellors Associate Professor Sylvia Rodger University of Queensland St Lucia Queensland Australia In this third edition of their bestselling text Kathryn and David Geldard provide a practical introduction to the principles and practices required for successful counselling to show that working with young people can be both challenging and effective The book is divided into three main parts covering how to understand the young client as a person the pro active approach of working with young people the counselling skills and strategies needed This Third Edition has been completely revised and updated and includes two new chapters The first Maintaining a Collaborative Relationship identifies ways to engage a young person collaboratively throughout a proactive counselling process The other Professional and Ethical Issues deals with these issues as they relate to working with young people Additional practical case studies and examples show how counsellors can work pro actively with this age group The book will be of particular interest as a textbook and resource to all professionals who work with emotionally disturbed young people and will provide an excellent resource for trainees in courses on counselling social work psychology occupational therapy mental health and psychiatry nursing and education      *Relationship Counselling for*

*Children, Young People and Families* Kathryn Geldard, David Geldard, 2008-12-01 If you need one book that's crammed with clinically excellent genuinely well informed and useful ideas for working with family relationships in all their permutations this is undoubtedly it Professor Colin Feltham Sheffield Hallam University This is easy to read and has a clear layout Counselling MSc students may find it an interesting introduction to the topic Times Higher Education Magazine May 2009 This book is a practical skills based introduction to relationship counselling It covers couple counselling for parents whole family counselling and counselling for children and young people with regard to their relationships with siblings peers and parents The text also includes o an introduction to relationship counselling theory and concepts o discussion of the importance of relying on a clearly defined theory of change o ways to address parenting issues o an exploration of confidentiality disclosing inappropriate behaviour and personal safety Kathryn Geldard and David Geldard present an integrative model of relationship counselling which combines skills and strategies from a number of approaches Their practical guide integrates individual and subgroup counselling with whole family counselling providing much needed material on methods and approaches for communicating with children and young people The book will be invaluable to new relationship counsellors learning the skills required in order to bring about change and will be a useful reference book for experienced counsellors

Basic Personal Counselling David Geldard, Kathryn Geldard, Rebecca Yin Foo, 2021-07-02 Basic Personal Counselling BPC is an easy to read introduction to counselling skills for both professional and volunteer counsellors and workers in the helping professions This ninth edition of Basic Personal Counselling includes new content on self care and the use of technology in counselling as well as examples of counselling skills in practice It encourages you to find ways of testing out your assumptions and discover if there is more that you could do or learn to improve and develop in your chosen career Journaling video recording with playback and reflecting team supervision are explained as opportunities to process and monitor your practice along with easy to use templates to record your progress

Facilitating the Genetic Counseling Process Patricia McCarthy Veach, Bonnie S. LeRoy, Nancy P. Callanan, 2018-04-27 Designed as an aid to students in Genetics counseling classes and professionals interested in honing their skills Facilitating the Genetic Counseling Process will guide the reader through the why's and how's of assisting clients with these complex issues The authors collective years of both teaching students and counseling clients is reflected in the clear practical approach of this manual

*Canadian Journal of Counselling*, 2005 *Lifeskills Helping* Richard Nelson-Jones, 1993 Intended for courses in helping skills techniques offered in departments of human services counsellor education psychology and social work this book presents problem solving skills for helpers It is designed to teach skills to helpers and shows them how to train educate clients to use these skills

**Training and Development in Australia** Andrew Smith, 1998 Written in a practical and readable fashion this book contains comprehensive coverage of the theory and practice essential for a clear understanding of the role of training and development in modern organisations Key issues highlighting the importance of effective training are discussed including

reforms to the education and training system apprenticeships labour market programs multiskilling broad banking and the impact of award restructuring The second edition has been updated and includes several new chapters reflecting the changes in training practice in the last few years Changes to the VET system are analysed as well as the changing role of training and development in organisations and the emergence of the learning organisation     Omega ,1992     **Conflict and Dispute Resolution** Mieke Brandon, Leigh Robertson, 2007 onflict and Dispute Resolution is a practical guide to understanding dispute resolution theory in the context of organisational psychological and social work themes It covers the spectrum of interventions from the prevention of conflict ignoring it managing it through feedback difficult conversations self mediation conflict coaching to facilitative processes such as dispute facilitation mediation conciliation and managing groups and multi party disputes The book encourages diverse thinking about how conflict impacts not only on the individual but also on relationships in their broadest sense at home at work locally and globally The authors show how to apply the theoretical aspects of mediation to skill building for conflict management negotiation and mediation and include discussion of assessment methods Conflict Resolution and Mediation is comprehensive in its coverage of all the skills and processes needed by students coaches mentors and practitioners to help deal with dilemmas and become reflective practitioners It is complete with case studies clear examples and dialogue extracts to assist in becoming more aware and more effective at beign able to provide an appropriate process for parties to achieve their outcome     The Complete Mental Health Directory Richard Gottlieb, 2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources     **The British National Bibliography** Arthur James Wells, 2005     **Integration of Islamic Values in Counselling** Salhah Abdullah, 2017     Proceeding of the International Conference on Psychology of Resilience 2011 Aries Yulianto, 2011     **Who's who of Australian Writers** ,1995     **Parliamentary Debates (Hansard)**. Australia. Parliament. House of Representatives, 1999     *Australian National Bibliography* ,1993

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