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Making the Most of Counselling & Psychotherapy Placements Routledge
Integrative Counselling and Psychotherapy: A Textbook is an engaging and comprehensive guide to integrative counselling, providing an explanation of the theoretical ideas underpinning person-centred, interpersonal, cognitive-behavioural (CBT) and hypnotherapeutic modalities. Divided in two major sections, this book first provides a detailed exploration of the key integrative concepts - presence, emotional and psychological processing, attachment, thinking, and the unconscious - and then practically applies these concepts to the issues commonly brought by clients to therapy. With the help of case studies, exercises and chapter questions, Integrative Counselling and Psychotherapy will be essential reading for students on integrative counselling and psychotherapy courses and for integrative practitioners.

Setting Up and Running a Therapy Business Lion Books
This book answers the questions that therapists frequently ask about setting up and running a business. It allows readers to successfully make the journey from being trained in how to conduct professional therapy sessions to running a growing private practice. The material covers a range of issues including: registration with HMRC, money issues, marketing, insurance, and whether to work from home or other premises. The book addresses a number of practical questions, such as: Do I have to register with the information commission? What can I count as legitimate business expenses? What mistakes should I avoid when marketing my practice? How can I easily and cheaply accept card payments from my clients? What help can I get to manage my phone calls? How can I get a website? and, What can I do to increase my personal safety? As counselling in the twenty-first century changes, an increasing number of therapists are using technology to write and store notes, and to communicate with clients - either to arrange appointments, or to conduct them.

An A-Z Guide SAGE Publications
The Handbook of Coaching Psychology provides a clear perspective on this emerging area of professional practice. The book begins with a mixture of personal and factual narratives on the historical and current context of coaching and coaching psychology. Stephen Palmer, Alison Whybrow and leading coaching psychologists and coaches outline recent developments in the profession, providing the reader with straightforward insights into the application of eleven different psychological approaches to coaching practice, including: solution focused coaching psychodynamic and systems-psychodynamic coaching narrative coaching cognitive behavioural coaching. Part three of the book considers the coach-client relationship, coach development and professional boundaries, together with issues of diversity and sustainability. The final part covers coaching initiatives in organisations and supervision followed by an introduction to professional bodies and available resources. The Handbook of Coaching Psychology is an essential resource for practising coaching psychologists, coaches, human resource and management professionals, and those interested in the psychology underpinning their coaching practice.

A Practical Guide for Counsellors and Psychotherapists Routledge
This highly practical and informative book is designed for all who are considering training in counselling, counselling psychology or psychotherapy. To secure work within these increasingly professional and competitive fields, candidates need to have the appropriate training and qualifications. While theoretically and in practice the professional groups have much in common, each has its own distinct training routes and qualifications, which can be confusing for the newcomer. A Beginners Guide to Training in Counselling and Psychotherapy sets out clearly the range of options for trainees including the professional pathways and main theoretical models available to them. Drawing on their vast experience as trainers, pra

Supervisor Training SAGE

A Beginner's Guide to Training in Counselling & Psychotherapy SAGE

Islamically Integrated Psychotherapy Routledge
What is the difference between an academic and professional qualification? Who should get a professional qualification? Did you know that some professions can not be legally practised

with a degree alone? Why get a UK qualification? Is it expensive to gain a British qualification? What is a chartered institute or society, and is it better than a non-chartered body? What is the difference between a professional body and a trade union? These are all questions answered in this book which is designed to help individuals choose a career path and the right professional organisation. In today's world it isn't enough to have a qualification, you need to be able to meet with peers and use the valuable networks that are already in place to foster your profession. Your Professional Qualification provides a comprehensive survey of the qualifications available in the UK along with guidance on where they lead, entry requirements, where to apply and where to study. Derived from the vast and authoritative British Qualifications database, this important publication provides the first easily accessible guide to qualifications and how to get them in the UK. Built around a comprehensive directory of professional qualifying bodies each professional area is described in depth and its qualifications identified and explained. The book is supported by a simple website, which ensures purchasers of the book are kept up-to-speed with new developments.

Supervisor Training Macmillan International Higher Education

"I have worked in psychiatry as well as in private practice with suicidal people. I found it poignant and true when Reeves points out that people do not have to be mad to be suicidal and '...that assessing suicide potential fundamentally lies in engaging with the suicidal client at a deeper relational level'. So true. This thoroughly researched book is written with passion and compassion. It will be a valuable addition to the libraries of therapists and anyone else who works with suicidal people." - Therapy Today, July 2010 "A uniquely accessible, comprehensive and practical guide. Essential reading for counsellors and psychotherapists and all helping professionals who work with clients at risk of suicide." - Mick Cooper, Professor of Counselling, University of Strathclyde "A 'must read' for counsellors of all experience levels, offering sound practical strategies alongside thought-provoking case studies and discussion points. Reeves addresses this difficult topic with depth, breadth and integrity. Excellent." - Denise Meyer, developer and lead author of www.studentdepression.org "Andrew Reeves brings together his experience as a social worker, counsellor and academic to explore the essential elements in working with suicidal clients. His openness and integrity in writing about this complex topic creates a valuable resource for reflective practice." - Barbara Mitchels, Solicitor and Director of Watershed Counselling Service, Devon. Counselling Suicidal Clients addresses the important professional considerations when working with clients who are suicidal. The 'bigger picture', including legal and ethical considerations and organisational policy and procedures is explored, as is to how practitioners can work with the dynamics of suicide potential in the therapeutic process. The book is divided into six main parts: - The changing context of suicide - The prediction-prevention model, policy and ethics - The influence of the organisation - The client process - The practitioner process - The practice of counselling with suicidal clients. The book also includes chapters on the discourse of suicide, suicide and self-injury, and self-care for the counsellor. It is written for counsellors and psychotherapists, and for any professional who uses counselling skills when supporting suicidal people.

Issues and Approaches SAGE

What are the developments influencing supervision in clinical psychology? Supervision is crucial to good professional practice and an essential part of training and continuing professional development. This second edition of Supervision and Clinical Psychology has been fully updated to include the recent developments in research, policy and the practice of supervision. With contributions from senior trainers and clinicians who draw on both relevant research and their own experience, this book is rooted in current best practice and provides a clear exposition of the main issues important to supervision. New areas of discussion include: the impact of the recent NHS policy developments in supervisor training practical aspects of supervision a consideration of future trends. Supervision and Clinical Psychology, Second Edition is essential reading for clinical psychology supervisors as well as being invaluable to those who work in psychiatry, psychotherapy and social work.

Uniting Faith and Professional Practice Routledge

"This is a competently edited, reader-friendly publication which fills a previously empty niche in the market. Every applied psychologist should have a copy well within arm's length" - British Journal of Educational Psychology Applied Psychology: Current Issues and New Directions is an exciting new textbook and a perfect resource for students taking either a focussed degree in applied psychology or a module as part of a wider psychology degree program. Given its breadth of coverage it should also be essential background reading on courses looking in depth at one of the many areas of professional psychological practice. The book is divided into two parts. In Part One, the book reviews the traditional branches of applied psychology (i.e. clinical, educational and occupational psychology); some relative newcomers (counselling psychology, forensic and health psychology); and some less obvious areas (careers guidance, counselling, academia) addressing such issues as training, future trends and developments within each field. Part Two offers discussion of more generic issues facing professional psychologists including the role of research and evidence-based practice in everyday work; trends in higher education; and continuing professional development. The book concludes with a 'Round-Table' discussion involving leading psychologists commenting on trends and new directions in their respective fields. Key features of this book: - Consistently pedagogical throughout - chapter summaries, questions for reflection and discussion and annotated further reading in every chapter - Comprehensive coverage - all areas of applied psychology included - Related to the 'real world' - by reviewing the issues and offering practical advice, this text should help prospective applied psychologists make informed decisions about their careers.

An Empathic Approach to Anger Management SAGE

Considering how much experience there now is in providing supervisor training in the UK, relatively little has been written about it. This book creates a lively and readable resource that will be informative and inspirational for those planning for the future of training for supervisors of counsellors, or who create, teach on or apply for supervisor training. The structure and content will invite reflection on the training issues that the authors address. It is intended to be consciously forward looking in a period of rapid development, and is designed to highlight differences between providers as well as the approaches and ideas they share. It is the work of many authors, all of whom are or have been involved in supervisor training in the UK. The book should also be of interest to colleagues involved in training supervisors in other contexts and allied professions: social work, medical and nursing professions, coaching, and teaching. It spans a range of theoretical approaches to supervisor training, and authors thus inevitably write from quite different basic assumptions about supervision.

A Beginner's Guide to Training in Counselling & Psychotherapy SAGE

Getting the Best Out of Supervision in Counselling & Psychotherapy does exactly what it says on the tin! Supervision is an essential part of counselling training and ensuring you know exactly how to get the very most out of supervision is important, whatever their level of study. Exploring how to begin, maintain and end a supervisory learning relationship in the context of existing theory and best practice guidelines, the author will introduce your trainees to: Models and forms of supervision The skills informing good supervision What to expect from supervision Key professional issues in supervision ? Written in a lively and engaging style, this book will enable both supervisors and supervisees to get the best they can from the supervisory experience. *Core Approaches in Counselling and Psychotherapy* Macmillan International Higher Education Struggling to secure the right counselling or psychotherapy placement for you? Unsure of how to deal with complex challenges or how to make sure you get the most out of your placement? Then you have come to the right place! Packed full of hints and tips, advice, checklists and points for reflection, this practical guide will provide you with those all important answers, and more. Key content includes: - History and background of the placement - How to get the most out of the placement - Wider professional and ethical considerations - The placement search, completing the application and tips for the interview - Managing placement relationships - Planning for the Future This one stop shop will provide counselling and psychotherapy trainees with everything they need to know to secure and survive their practice placement.

A Short Introduction to Counselling Routledge
'This book will be of interest to anyone who may be considering training for a career in counselling and psychotherapy.... This text provides the reader with a considerable amount of information that may be used to select and hopefully successfully complete the right programme of study pertinent to their specific requirements. It maintains a good balance of being honest about the often rigorous and intense task of completing training, as well as being kindly reassuring that success can be achieved if approached in the right manner with sound advice being given throughout on how this may be carried out effectively' - Jacqueline A Lawrence, *Counselling Psychology Review* This highly practical and informative book is designed for all who are considering training in counselling, counselling psychology or psychotherapy. To secure work within these increasingly professional and competitive fields, candidates need to have the appropriate training and qualifications. While theoretically, and in practice, the professional groups have much in common, each has its own distinct training routes and qualifications which can be confusing for the newcomer. A Beginner's Guide to Training in Counselling & Psychotherapy sets out clearly the range of options for trainees including the professional pathways and main theoretical models available to them. Drawing on their vast experience as trainers, practitioners and former trainees, the contributors provide insights into what to expect from training and offer clear advice to help the reader: - select the right training - identify personal qualities which make them suitable or unsuitable - make a successful application - get the most out of training This book is the ideal starting point for anyone considering training in counselling, counselling psychology or psychotherapy. Trainers who want to provide students with an overview of the training process will find this an excellent text to recommend as initial or pre-course reading.

An Introduction to Counselling and Psychotherapy SAGE
Counsellors and psychotherapists in the UK are required to have a supervisor to support them in their work. Yet few books consider the experience of supervision from the perspective of the supervisee. This book fills the gap by focusing on what supervisees need to bear in mind in order for the process of supervision to be both constructive and productive. • It acts as a 'how-to' guide, offering advice on all aspects of the supervisory relationship, from finding the right supervisor through to dealing with interpersonal tensions and ethical dilemmas • It is packed with tips and advice grounded in the authors' years of real-life practice and vividly illustrated by brief examples throughout. Reflective questions at regular intervals will help readers to apply what they read to their personal experience. Perfect for all

stages of development, whether you are a trainee, novice practitioner or seasoned professional, this is an essential handbook for everyone working in the counselling and psychotherapy fields. **From Theory to Practice** Macmillan International Higher Education
Are you living or working with someone who has Obsessive Compulsive Disorder (OCD)? Perhaps it's your partner or child; a parent, close friend or work colleague? Diagnosed as often as diabetes, the condition can lead both sufferers and those around them to feel isolated. However, you are not alone. This practical guide enables families, carers and friends to provide invaluable support for those with OCD. It aims to inform those living alongside OCD about the condition and to provide clear and compassionate strategies for them. With this new understanding, readers will feel better able to cope better with OCD manifestations. Commonly-experienced emotions such as bewilderment, frustration and sadness will gradually subside. The Essential guide to OCD includes interviews with those at the rock-face: relatives, friends and colleagues of those with OCD. The latest medical advances and effective treatments, such as CBT, are also explored with insight from mental health professionals.

Handbook of Coaching Psychology Routledge
This book is a lively and readable resource that will be informative and inspirational for those planning for the future of training for supervisors of counselors, or who create, teach on or apply for supervisor training in the UK. It is designed to be consciously forward looking in a period of rapid development and to highlight differences between providers as well as the approaches and ideas they share.

Current Issues and New Directions SAGE
At over 700 pages and with more than 100 contributions, this Fourth Edition brings together the essentials of counselling and psychotherapy theory, research, skills and practice. Including new content on assessment, theory, applications and settings, and with new chapter overviews and summaries, this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners.

A Guide for Counselling & Psychotherapy Trainees SAGE
As demand for counselling from students across Higher Education (HE) increases year on year, counselling services are continually seeking to explore creative ways of working under the pressure that results from this rise in client numbers. One of the most frequent responses to increased demand is limiting the number of sessions that individual students may have. Until Short-term Counselling in Higher Education, there has been no text which provides a contextual, theoretical and practical input to this evolving way of working. This book explores constructive ways of providing very short-term counselling within a Higher Education context. Using case-studies, and employing up-to-date statistics from the sector, the book gives readers a clear understanding of the nature of the professional challenges, and offers ways of addressing these, including managing waiting lists, developing policies to facilitate timely intervention, and understanding the limitations of what short-term therapy can offer. Short-term Counselling in Higher Education explores the implications of working in Higher Education counselling services in this very short-term way, and as such it will be an essential resource for counsellors, heads of counselling services and student services managers in Higher Education, helping to find ways of delivering effective short-term interventions within existing counselling services.

Applied Psychology SAGE
'The Trainee Handbook' is a supportive guide to the practical, technical and administrative issues faced by trainees in counselling psychology and psychotherapy.

A Handbook for Practitioners Routledge
Online counselling is becoming increasingly popular, but working with clients through the internet presents new challenges for practitioners. Is it really safe and confidential? How can clients build rapport with their therapist without face-to-face contact? Can feelings really be expressed through text? This book gives invaluable advice on the technical and therapeutic aspects of online work from two seasoned

experts. Clear, supportive and very practice-friendly, Online Counselling explores the ways counsellors can use the internet to augment their practice. Readers are taken through a wide range of situations, from setting up contracts and creating a secure working environment to understanding and using emoticons. Drawing on their considerable experience as online counsellors and supervisors, the authors explain how to create an online working alliance with clients through emails, instant messaging and live chat-room sessions. In particular, the book: Uses language that demystifies the jargon of the internet Tackles ethical and legal issues of working online Explores the use of image and sound online Shows how different theoretical approaches can be applied to online practice Includes step-by-step exercises, memorable examples and a handy glossary.