SIX KEY APPROACHES TO COUNSELLING & THERAPY



RICHARD NELSON-JONES

Six Key Approaches To Counselling And Therapy

Mike Jess

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Six Kev Approaches to Counselling and Therapy Richard Nelson-Jones, 2000 This excellent book contains information about six key therapeutic approaches Six Key Approaches to Counselling and Therapy gives the reader a good understanding of the therapeutic approach in question This book may well become a key text of counsellor training programmes Counselling Psychology Review Although designed as a text book this introduction to the main schools and methods of psychotherapy is one of the most engaging pieces of psychological theory I have ever encountered I was initially skeptical having found similar books both narrow and hard work conceptually Due to the fact I have never studied the fundamentals of psychology and therapy I have often found secondary source material too high level presuming prior knowledge and therefore it was useless to me This book changed that profoundly The chapters on Jung and Rogers were both lucid and interesting and gave me a keen insight into the fundamentals of their theories and the processes of therapy based upon them However what truly threw me was the excellence of the chapter on Gestalt therapy I cannot put into words to how inspirational this section was Amazon Review Richard Nelson Jones s achievement is to make accessible to the interested reader in one chapter the complexity of Jung's metapsychology Ann Casement Jungian Psychoanalyst Excellent A lively introduction to person centred therapy Professor Brian Thorne Director Centre for Counselling Studies University of East Anglia A very clear accurate and thorough introduction to person centred therapy Professor Petruska Clarkson PHYSIS and University of Surrey I find the chapter on REBT to be excellent Dr Albert Ellis President Albert Ellis Institute for Rational Emotive Behaviour Therapy New York City Clear thorough succinctly summarizes CT s most important concepts and principles Dr Judith S Beck Director Beck Institute for Cognitive Therapy and Research Philadelphia This is an authoritative and accessible textbook for use on introductory courses in the theory and practice of counselling and therapy It presents two approaches from each of the three main schools of contemporary therapy practice the psychodynamic school Freud's psychoanalysis and Jung's analytical therapy the humanistic school person centred and Gestalt therapy and the cognitive behavioural school rational emotive behaviour therapy and cognitive therapy In addition the book discusses the structure and functions of theories reviews issues in evaluating therapeutic approaches and contains a glossary Six Key Approaches to Counselling and Therapy Richard Nelson-Jones, 2010-12-29 This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice cognitive therapy and solution focused therapy from the cognitive behavioral school person centerd and Gestalt therapy from the humanistic school Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school Following a clearly defined structure each chapter describes the origin of the therapeutic approach a biography of its originator its theory and practice discusses case material and further developments and suggests further reading Richard Nelson Jones goes on to review and evaluate all the approaches in his concluding chapter This

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construct and presents complex ideas in a clear and accessible manner making the theme approachable even for readers who may not be well versed in the subject Through this book readers will have the opportunity to understand the importance of empathy as a skill the psychological mechanisms that drive empathetic behavior and how to learn and improve empathetic ability through advanced technologies Empathy is essential for societal well being and we hope this book serves as a springboard for future research as well as a valuable reference for the scientific community Counselling Skills for Social Work Lisa Miller, 2011-11-14 Praise for the first edition The content of the book is excellent The strength lies in its detailed application of ideas to practice The use of the case material to illustrate application is excellent and works well Helen Cosis Brown University of Middlesex This new edition of Counselling Skills for Social Work argues that good counselling skills are at the heart of effective social work practice Building on the success of the first edition this core textbook brings a range of therapeutic models with their theoretical underpinnings and skills directly into a social work context By looking at how the underlying theory can be applied to professional practice chapters identify the key skills which can be employed for the most effective social work intervention Key features of the book include a practical skills based approach a focus on service user experiences and arange of case studies drawn from a variety of real life settings a new chapter dedicated to counselling young people chapter content is linked to the most recent NOS and GSCC guidelines structuring training and practice end of chapter Reflective Questions and Tips for Practice summarising the key theoretical concepts and their applications Written in a lively and engaging style this updated new edition will be an invaluable text for undergraduate students in social work It will also be useful for qualified practitioners to enhance understanding of communication and the process of change through the medium of counselling skills

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