



## Understand Counselling: Teach Yourself: Learn Counselling Skills for Any Situations (Paperback)

By Aileen Milne

Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 4th Revised edition. 197 x 131 mm. Language: English . Brand New Book. Is this the right book for me? Understand Counselling will give you a clear understanding of the main counselling theories and help you develop vital counselling skills. It will introduce you to the three main branches of counselling - psychodynamic therapy, person-centred therapy and cognitive behavioural therapy - and familiarize you with the key features of each one. Whether you are interested in training as a counsellor, are considering counselling yourself or simply want to become a better communicator, this book will give you confidence and understanding. Understand Counselling includes: Part one: The fundamentals Chapter 1: The counselling role Chapter 2: The counsellor's role Chapter 3: Skills used in counselling Chapter 4: The benefits of acquiring counselling skills Chapter 5: Enjoying the exploration Part two - A deeper understanding - training to a professional level Chapter 6: Course Components Chapter 7: The three major approaches Chapter 8: Demystifying the jargon Chapter 9: Dealing with anger Chapter 10: Underlying issues Chapter 11: Cultural Issues Chapter 12: Working Online Learn effortlessly with a new easy-to-read page design and...



**READ ONLINE**  
[ 8.83 MB ]

### Reviews

*This created ebook is wonderful. I could possibly comprehend everything out of this created ebook. Its been designed in an remarkably easy way and is particularly just after i finished reading through this ebook by which basically modified me, affect the way i believe.*

-- **Verner Langworth III**

*Thorough manual! Its this sort of good read through. it absolutely was writtern very flawlessly and helpful. I am just easily will get a delight of studying a created publication.*

-- **Abdiel Stiedemann Sr.**