

Counselling & Psychotherapy

2014

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 SAGE

Welcome...

Welcome to the 2014 SAGE Counselling and Psychotherapy catalogue. Inside are featured new and forthcoming textbooks for undergraduate and postgraduate courses, more specialised texts for higher-level students, and seminal reference works, all designed to support you in your teaching, learning, research and practice. This catalogue includes just our most recent and popular titles, so if you can't find what you're looking for here then please visit our website at www.sagepub.co.uk/cp. All our books are available as eBooks, and if you are planning a Counselling and Psychotherapy, CBT or Coaching course you can even pick and choose content from our growing list of books, reference works and journal articles to create course material that matches your teaching needs.

2014 sees a range of new editions including the popular **The Complete Handbook of Coaching**, described as 'a must have for students and practitioners', a new edition of **Doing Research in Counselling and Psychotherapy** by bestselling author John McLeod, and a **Sixth Edition** of the seminal Nelson-Jones' **Theory and Practice of Counselling and Psychotherapy**. Our new edition of Bond, **Standards and Ethics in Counselling in Action**, will publish in early 2015 with accompanying video clips of counselling scenarios designed to support students' evolving needs.

The catalogue also showcases new field-defining textbooks including **The Handbook of Counselling Children and Young People** and **The Handbook of Research in Counselling and Psychotherapy**. Please do check out **Counselling Skills and Studies**, a brand new textbook that will meet the needs of students taking undergraduate and further education Counselling courses. Finally, we are delighted to launch a new series, **Essential Issues in Counselling and Psychotherapy**, edited by Andrew Reeves (p4).

A list of relevant contacts is on the opposite page – feel free to get in touch with any queries or if you'd like to find out more about writing or editing a publication.

The SAGE Counselling and Psychotherapy Team

Key new titles



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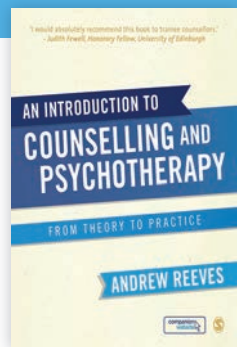


the publisher of the
social sciences

AN INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY

From Theory to Practice

Andrew Reeves *University of Liverpool Counselling Service*



I have found this book very readable and packed with useful information that will provide a student with an excellent resource when undertaking their training. It provides a lot of other points of research within it that are so clearly signposted. I especially like the discussion points. Well laid out, well-written and thought-provoking for the students and facilitator

- *Su Illingworth, Teacher Training, Craven College*

Supported by a website packed with resources for both students and lecturers, this book is an authoritative introduction to everything a trainee needs to know to become a professional therapist.



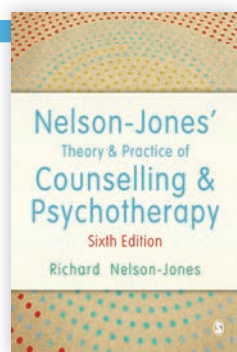
2012 • 496 pages
Cloth (978-0-85702-054-3) • £88.00
Paper (978-0-85702-055-0) • £29.99

NEW EDITION!

NELSON-JONES' THEORY AND PRACTICE OF COUNSELLING AND PSYCHOTHERAPY

Sixth Edition

Richard Nelson-Jones *British Psychological Society and British Association for Counselling and Psychotherapy*



sample cover

This **Sixth Edition** provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today. Comprehensive and accessible, it now includes two brand new chapters on Mindfulness and Positive Therapy, as well as additional content on ethics, on new developments in each approach, including the latest research and updated references.

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. Each chapter also contains review and personal questions. Richard Nelson-Jones' authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training.

CONTENTS

Creating Counselling and Therapy Approaches / Psychodynamic Therapies / Freud's Psychoanalysis / Jung's Analytical Therapy / Humanistic-Existential Therapies / Person-Centred Therapy / Gestalt Therapy / Transactional Analysis / Reality Therapy / Existential Therapy / Logotherapy / Cognitive Behaviour Therapies / Behaviour Therapy / Rational Emotive Behaviour Therapy / Cognitive Therapy / Multimodal Therapy / Postmodern Therapies / Solution-Focused Therapy / Narrative Therapy / Positive Therapy / Mindfulness in Therapy / Culture and Gender Therapies / Multicultural Therapy / Gender Therapy / Concluding Comments / Evaluation, Eclecticism and Integration

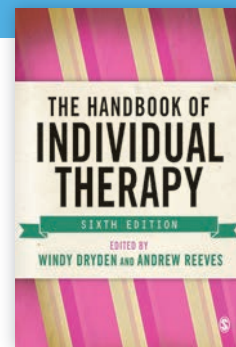


November 2014 • 552 pages
Cloth (978-1-4462-9555-7) • £90.00
Paper (978-1-4462-9556-4) • £32.99

THE HANDBOOK OF INDIVIDUAL THERAPY

Sixth Edition

Edited by **Windy Dryden Goldsmiths**, *University of London* and **Andrew Reeves**, *University of Liverpool Counselling Service*



This compendium serves as an excellent reference point for an academic as well as practitioner. It is an exceptional achievement!

- *Dr Ladislav Timulak, Trinity College, Dublin*

Continues to be the book that one turns to when looking for a clear introduction to the broad range of talking cures that are offered in the UK today

- *Dr Nick Midgley, Anna Freud Centre*

This classic text has helped over 50,000 students wishing to understand the key counselling and psychotherapy approaches. This **Sixth Edition** is the most comprehensive update since it was first published in 1984, with 15 newly contributed chapters and eight updated chapters. Each approach now includes a new research section summarizing the research findings, an in-depth case study illustrating how that approach works in practice, and an extended practice section. This book also covers:

- historical context and development
- the main theoretical assumptions
- which clients will benefit most
- strengths and limitations.

New chapters include: Compassion-Focused Therapy, Interpersonal Therapy, Mindfulness in Individual Therapy, Pluralistic Therapy, Transpersonal Therapy.

This is an ideal one-stop shop for trainees of counselling, psychotherapy, counselling psychology, psychology and other allied professions wanting to learn about the most commonly practised therapies today.

CONTENTS

The Cultural Context of British Psychotherapy / PART ONE: THE PSYCHODYNAMIC TRADITION / Psychodynamic Therapy: Contemporary Freudian Approach / Psychodynamic Therapy: The Independent Approach / Psychodynamic Therapy: Jungian and Post-Jungian Approaches / Psychodynamic Therapy: The Kleinian Approach / PART TWO: THE HUMANISTIC-EXISTENTIAL TRADITION / Person-Centred Therapy / Existential Therapy / Gestalt Therapy / Transactional Analysis / PART THREE: THE COGNITIVE-BEHAVIOURAL TRADITION / Cognitive Therapy / Rational Emotive Behaviour Therapy / Compassion-Focused Therapy / Behavioural Activation / PART FOUR: OTHER SPECIFIC APPROACHES / Cognitive Analytic Therapy / Solution-Focused Therapy / Interpersonal Therapy / PART FIVE: BROADER DEVELOPMENTS IN INDIVIDUAL THERAPY / Mindfulness in Individual Therapy / Narrative Therapy / The Transpersonal in Individual Therapy / Integrative Therapy / Pluralistic Therapy / PART SIX: PROFESSIONAL ISSUES / Research in Individual Therapy / The Training and Supervision of Individual Therapists

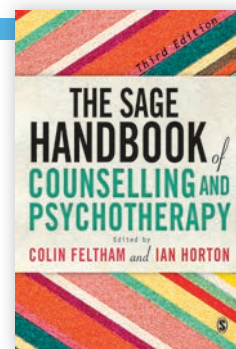


November 2013 • 672 pages
Cloth (978-1-4462-0136-7) • £90.00
Paper (978-1-4462-0137-4) • £32.99

THE SAGE HANDBOOK OF COUNSELLING AND PSYCHOTHERAPY

Third Edition

Edited by **Colin Feltham Emeritus**, *Professor at Sheffield Hallam University* and **Ian Horton**, *University of East London*



Bringing together the fundamentals of counselling and psychotherapy theory, research, skills and practice, the **Handbook** addresses what every successful trainee or practitioner needs to know, do, think, feel and use in a way that is entirely comprehensive, accessible and jargon-free.

This latest edition now includes new material on interpersonal psychotherapy, cognitive-analytic therapy, pluralism and mindfulness, as well as body psychotherapy, hypnotherapy, learning disabilities, ADHD, and low self-esteem.



2012 • 736 pages
Cloth (978-0-85702-325-4) • £110.00
Paper (978-0-85702-326-1) • £38.99

NEW!

A SHORT INTRODUCTION TO COUNSELLING

Sally Aldridge *BACP*

It takes considerable skill and years of experience to write such a detailed, yet accessible introduction to the exciting, complex and dynamic profession of counselling and psychotherapy

- *Dr Hadyn Williams, Deputy Registrar & Deputy Director of BACP Registers, BACP*

Sally Aldridge has produced something remarkable here; this is a text which delivers insightful discussion on the development, nature and scope of counselling in a clear, compelling and accessible fashion

- *Graham Bright, York St John University*

A Short Introduction to Counselling provides a clear overview of the therapy profession for those embarking on professional training. It explains what it really means to become a professional counsellor - what is involved in training and real-life practice.

Sally Aldridge, Head of Regulatory Policy at BACP, takes the reader step by step through what 'counselling' actually is, introducing its basic concepts, historical development, research base and structure of the profession. Demonstrating the far-reaching influence of counselling, the book shows how its concepts have been applied beyond the consulting room and examines the recent place of counselling in the NHS and wider mental health care. This down-to-earth guide provides the ideal 'way-in' to the subject for new trainees.

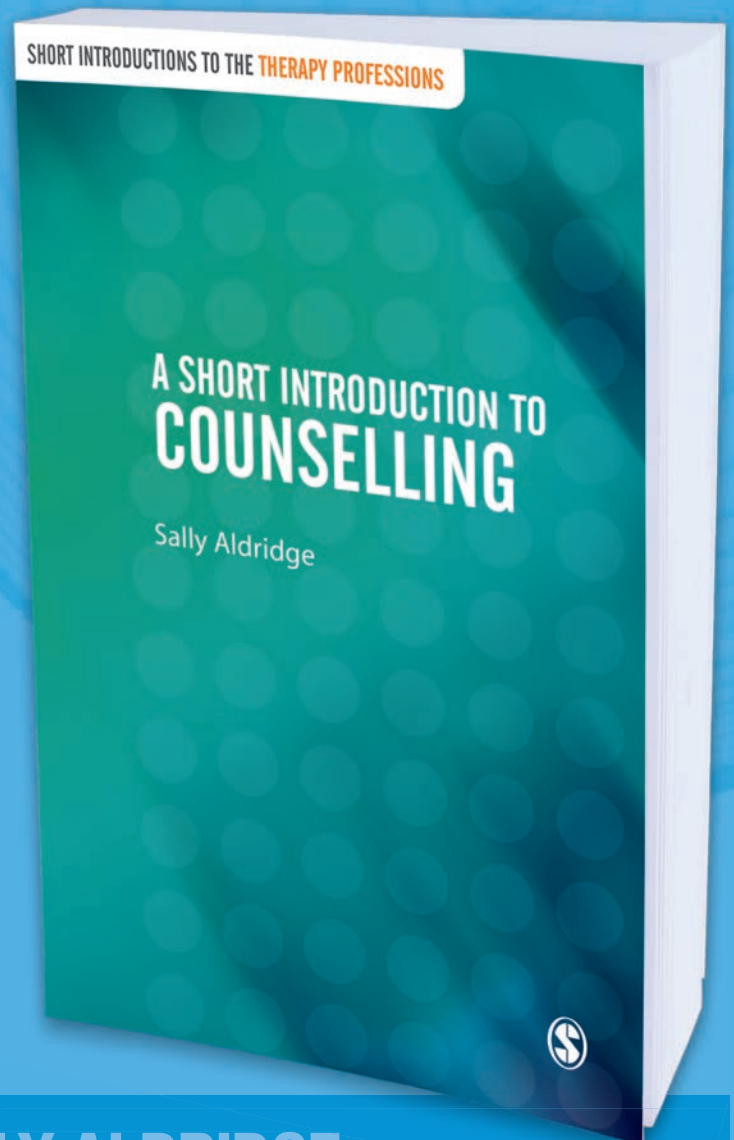
CONTENTS

What Is Counselling? / Counselling Skills and Their Application in Wider Settings / Training in Counselling / Theoretical Approaches to Counselling / Personal Development and Surviving as a Counsellor / Ethics in Counselling / Understanding Research in Counselling / The Structure of the Profession and Careers in Counselling

SHORT INTRODUCTIONS TO THE THERAPY PROFESSIONS



February 2014 • 200 pages
Cloth (978-1-4462-5256-7) • £60.00
Paper (978-1-4462-5257-4) • £19.99



60 SECONDS WITH SALLY ALDRIDGE



Sally

Sally Aldridge works for the British Association for Counselling and Psychotherapy as Director and Registrar. She entered counselling from teaching and worked as a student counsellor and trainer before joining BACP. She gained a doctorate for an analysis of the development of counselling in the United Kingdom.

Why did you decide to write the book?

I decided to write this book for all the people who take introductory courses in counselling and counselling skills and then wonder "What next?" "Do I want to be a counsellor?" There wasn't a book that provided answers to the many questions which arise from these two questions.

What do you think is the best thing about your book?

I think the best thing about the book is that it is down to earth, practical and avoids preciousness and jargon. It is based in the real world of counsellors.

What do you think are most important issues facing counsellors at the moment?

The most important issues facing counsellors at the moment are finding paid work and gaining recognition for the positive outcomes clients achieve through counselling.

ESSENTIAL ISSUES IN COUNSELLING AND PSYCHOTHERAPY SERIES

Counsellors and psychotherapists consider a number of important factors in their work with clients. Some are defined by training and theoretical orientation, some by context, and others by the client group with whom they work. However, across all these areas there are a number of essential issues - those that sit at the very core of practice - that must be considered by all therapists. Edited by Andrew Reeves, the *Essential Issues in Counselling and Psychotherapy* series brings together a number of new, accessible and practice-informed books that carefully and thoroughly address those considerations: the essential issues of practice that can challenge and shape all aspects of counselling and psychotherapy.

NEW!

WORKING WITH RISK

Andrew Reeves *University of Liverpool Counselling Service*

Risk is an ever-present issue for counsellors and psychotherapists and, in an increasingly litigious culture, the need for trainees to develop a sound understanding of how the right tools and the right knowledge can support their practice has never been greater. In this book Andrew Reeves takes trainees, newly qualified practitioners, and more experienced practitioners step by step through what is meant by risk, and tackles:

- the definition of risk and how risk is linked to social, psychological and relational factors
- working with those who are at risk of suicide, self-injury, self-harm and/or are an endangerment to others
- how therapists should respond to the risk in situations involving child protection, mental health crises, and in the therapeutic process itself
- the positive side of risk-taking
- how counsellors and psychotherapists can work with risk proactively and positively, informed by research.

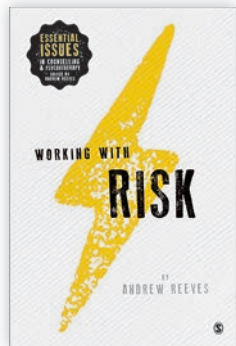
Filled with case studies, ethical dilemmas, reflective questions, discussion questions and further reading, this book offers counsellors and psychotherapists guidance on how they can work with risk proactively and positively.

CONTENTS

What Do We Mean by Risk? / Risk Assessment: Talking and Ticking Boxes / Working with a Risk of Suicide / Working with Self-Injury and Self-Harm / The Danger of Violence to Others / Safeguarding and Child Protection / Mental Health Crisis: Dangers and Opportunities / Risks in the Therapeutic Process / Positive Risk-Taking



December 2014 • 176 pages
Cloth (978-1-4462-7290-9) • £60.00
Paper (978-1-4462-7291-6) • £19.99



sample cover

NEW!

ASSESSMENT & CASE FORMULATIONS

Biljana van Rijn *Metanoia Institute, London*

Understanding why and how you go about constructing a viable assessment and case formulation can be a daunting, and often difficult, task for trainee counsellors and psychotherapists engaging with clinical assessment for the very first time. Exploring the skills and debates surrounding both assessment and case formulation across modalities, practice settings and client groups, this accessible and practice-informed book provides trainees with the knowledge and tools they need to make the best start in their clinical practice.

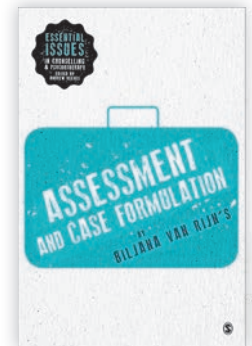
Packed full of case studies and reflective exercises, this book will take trainees from the start to the finish of the therapy session, drilling down to the key ideas and assessment techniques required as each stage in the therapeutic process. Considering the impact of culture, context and different philosophical and theoretical issues along the way, it will bring trainees up to date with new requirements placed on therapists today.

CONTENTS

What Is Assessment? / Assessment Structure and Skills / Diagnosis / Case Formulation / Risk Assessment / Impact of Culture and Issues of Difference / Ethical Considerations



December 2014 • 168 pages
Cloth (978-1-4462-6978-7) • £60.00
Paper (978-1-4462-6979-4) • £19.99



sample cover

NEW!

THE THERAPEUTIC RELATIONSHIP

Rosanne Knox *Private Practice* and
Mick Cooper *University of Roehampton*

This book provides a much needed guide for trainees and newly qualified therapists as they start to navigate their way through the intriguing - yet potentially treacherous terrain - of engaging in, understanding, and making full use of the therapeutic relationship in counselling and psychotherapy. Drawing on the most commonly asked questions, this book takes trainees on a journey through the different aspects of the therapeutic relationship, from the initial boundary setting to the deepest levels of connection, exploring the uncertainties, risks and controversies along the way.

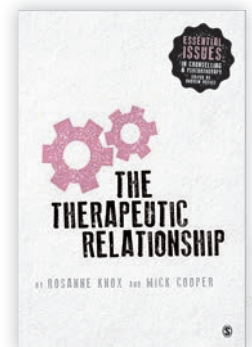
Unravelling the issues surrounding the therapeutic relationship, this book highlights the importance of the relationship itself, of the client as a proactive agent in the process, and of the need for partnership and collaboration for effective therapy to take place. It will provide trainees and newly qualified therapists with the knowledge and skills they need to practice on a level of deep understanding and confidence.

CONTENTS

Boundaries and the Therapeutic Frame / Collaboration / Empathic Understanding and Listening / Care and Warmth / Being Real and Trustworthy / Working with the Immediate Relationship / Therapeutic 'Ruptures' / Relating at Depth / Feedback and Evaluation



December 2014 • 152 pages
Cloth (978-1-4462-8289-2) • £60.00
Paper (978-1-4462-8290-8) • £19.99



sample cover

MEET THE EDITOR

Andrew Reeves has worked as a social worker and then as a therapist for over twenty-five years. His previous books include: **Key Issues for Counselling in Action: Second Edition** (SAGE, 2008 - co-edited with Windy Dryden); **Counselling Suicidal Clients** (SAGE, 2010); **An Introduction to Counselling and Psychotherapy: From Theory to Practice** (SAGE, 2013); **Challenges in Counselling: Working with Self-Harm** (Hodder Education, 2013); and **The Handbook of Individual Therapy Sixth Edition** (SAGE, 2014 - co-edited with Windy Dryden). He has produced (with Jon Shears and Sue Wheeler) an award-winning training DVD, **Tight Ropes and Safety Nets: Counselling Suicidal Clients**. He is a former Editor of *Counselling and Psychotherapy Research* journal.

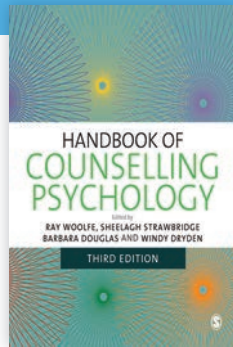


Andrew

HANDBOOK OF COUNSELLING PSYCHOLOGY

Third Edition

Edited by **Ray Woolfe** *Private Practice*,
Sheelagh Strawbridge *Independent Practice*,
Barbara Douglas *BPS Registrar, Counselling Psychology* and **Windy Dryden**
Goldsmiths, University of London



Continues to be a key resource for people considering undertaking a career as a counselling psychologist, current students and more experienced practitioners. It has continued to develop its focus over time and has justly earned a reputation as a classic text

- **Professor Rachel Tribe**, *Director of Professional Doctorate in Counselling Psychology, University of East London*

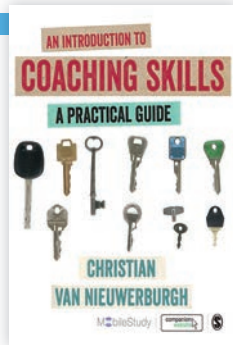


2009 • 712 pages
Cloth (978-1-84787-078-0) • £108.00
Paper (978-1-84787-079-7) • £37.99

AN INTRODUCTION TO COACHING SKILLS

A Practical Guide

Christian van Nieuwerburgh
University of East London



Christian van Nieuwerburgh is one of our leaders in the field of coaching. If you're a coach, or simply interested in learning more about coaching, you need this book - packed with tools, strategies, video support and many, many resources that will help all coaches improve their practice

- **Jim Knight**, *Director, Kansas Coaching Project*

This book is accompanied by a companion website with numerous videos of live coaching sessions.



December 2013 • 208 pages
Cloth (978-1-4462-6020-3) • £65.00
Paper (978-1-4462-6021-0) • £20.99

FIRST STEPS IN COACHING

Bob Thomson *University of Warwick*

A must-have book for anyone starting out in the coaching profession, this book guides readers through every stage of becoming a coach, from setting out the basics of coaching to exploring practical and ethical issues and examining more advanced topics such as the coach's use of self and the nature of the coach-client relationship.



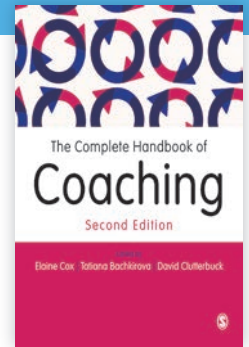
December 2013 • 192 pages
Cloth (978-1-4462-7242-8) • £60.00
Paper (978-1-4462-7243-5) • £19.99

NEW EDITION!

THE COMPLETE HANDBOOK OF COACHING

Second Edition

Edited by **Elaine Cox**, **Tatiana Bachkirova**
both at *Oxford Brookes University* and
David Clutterbuck *Clutterbuck Associates*



This **Second Edition** provides the most comprehensive guide to the field of coaching, exploring a range of coaching theories and approaches, genres and settings, and professional issues. It supports trainees and professionals to identify and develop a personal style of coaching.

Its three parts cover:

- the theoretical traditions underpinning coaching such as cognitive-behavioural, Gestalt and existential
- contexts and genres such as life, executive, peer, team and career coaching
- professional issues such as ethics, supervision, continuing professional development, standards and mental-health issues.

Written by leading international authors, each chapter makes links between theory and practice and includes discussion questions to facilitate reflection on the topic, further reading suggestions and case studies. This new edition includes completely revised and updated chapters throughout, an additional emphasis on cross-cultural coaching and new chapters on health and wellness coaching, and researching coaching.

The **Handbook** is a unique resource that has helped thousands of practitioners and trainees from a variety of professions and multidisciplinary backgrounds, including health, education, business and management, and psychology, throughout their coaching career.

CONTENTS

Theoretical Perspectives / The Psychodynamic Approach to Coaching / Cognitive Behavioural Coaching / The Solution-Focused Approach to Coaching / The Person-Centred Approach to Coaching / The Gestalt Approach to Coaching / Existential Coaching / Ontological Coaching / Narrative Coaching / Psychological Development in Adulthood and Coaching / The Transpersonal Approach to Coaching / The Positive Psychology Approach to Coaching / Transactional Analysis and Coaching / The NLP approach to coaching / Contexts and Genres / Skills and Performance Coaching / Developmental Coaching / Transformational Coaching / Executive and Leadership Coaching / The Manager as Coach / Team Coaching / Peer Coaching / Life Coaching / Health and Wellness Coaching / Career Coaching / Cross-Cultural Coaching: A Paradoxical Perspective / Mentoring in a Coaching World / Professional Practice Issues / The Future of Coaching as a Profession / Coaching Supervision / Coaching and Mental Health / Continuing Professional Development for Coaches / Ethics in Coaching / Researching Coaching



April 2014 • 504 pages
Cloth (978-1-4462-7615-0) • £90.00
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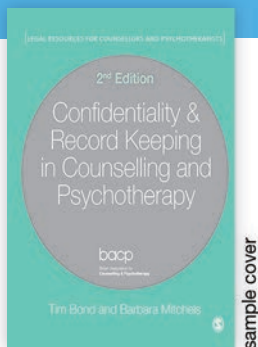
Visit www.sagepub.co.uk/ebooks for more information.

NEW EDITION!

CONFIDENTIALITY & RECORD KEEPING IN COUNSELLING & PSYCHOTHERAPY

Second Edition

Barbara Mitchels *Watershed Counselling Service* and **Tim Bond** *Emeritus Professor, University of Bristol*



sample cover

This indispensable text is your first point of reference when faced with a situation or dilemma of a legal nature regarding record keeping or confidentiality issues. Reflecting changes in policy and law and developments in practice since its last publication in 2008, this new edition has been expanded into 14 new and thoroughly revised chapters.

New content includes:

- the latest Data Protection Act guidance including data protection implications when working with technology and for online therapy
- greater content on sharing information, including sharing information in supervision, training, research, audit and, crucially, across professions
- expanded content on mental capacity with separate chapters for children and vulnerable adults
- a new chapter on pre-trial therapy with adults and children, including Special Measures, Crown Prosecution Service guidance and victim support
- a new chapter on practice dilemmas, providing advice and encouraging further discussion and reflection
- the role of supervision and of the supervisor.

Using reflective questions, sample dilemmas and case scenarios throughout, the authors illustrate how to practically address the difficult confidentiality and record keeping issues that therapists regularly face. Current legal guidelines and frameworks are interspersed throughout the book which, along with revised disclosure checklists and links to useful organizations and contacts, ensure trainee and practising therapists are well versed in current best practice.

CONTENTS

Confidentiality and the Law / Recording Confidences / Confidentiality as a Legal Entitlement: Clients' Perspective / Confidentiality as Legal Responsibility: Obligations of the Therapist / Record Keeping and the Law / Record Keeping: Basic Responsibilities / Data Protection, Freedom of Information and Technology / How Long Do We Keep Records? / Confidentiality and Disclosures: Information Sharing / Sharing Information between Professionals / Sharing Information in Supervision and Training / Sharing Information in Research and Audit / Confidentiality and Disclosures: Policy, Practice and Procedural Issues / Developing Agency Policy and Practice and Evaluating Organizational Policies on Confidentiality and Record Keeping / Mental Capacity, Vulnerable Adults and Consent / Children, Capacity and Consent / Victims and Pre-Trial Therapy with Vulnerable Adults and Children / Practice Dilemmas: Scenarios on Confidentiality and Disclosures for Reflection and Discussion / Responding to Dilemmas: Ethical and Legal Practice

LEGAL RESOURCES COUNSELLORS & PSYCHOTHERAPISTS



November 2014 • 240 pages
Cloth (978-1-4462-7451-4) • £75.00
Paper (978-1-4462-7452-1) • £24.99

NEW EDITION!

STANDARDS AND ETHICS FOR COUNSELLING IN ACTION

Fourth Edition

Tim Bond *Emeritus Professor, University of Bristol*



sample cover

Since 1993, this leading guide to counselling ethics has helped over 50,000 trainees get to grips with a wide range of ethical problems and issues. Taking account of the changing legal, professional and cultural context of counselling, Tim Bond discusses law, including the Human Rights Act and child protection legislations, and ethics, including examples of ethical problem-solving around issues such as confidentiality, client autonomy, and safety, negligence and insurance.

This **Fourth Edition** includes counselling role-play videos that illustrate some of the ethical dilemmas and scenarios that may arise in the counselling process. Additional videos introduce and analyze the clips, helping students to develop their ethical reflection and problem solving techniques. A further video tutorial from the author provides trainers tips and guidance on how to use the videos in their teaching.

Other changes to the new edition include:

- a chapter on counselling in a digital age
- a chapter on working with diversity
- new content on evidence-based practice
- new chapter summaries and further reading sections
- links via the Interactive eBook to relevant journal articles, ethical frameworks and practice resources.

Developed and updated in line with BACP's ethical guidelines, this text is the ideal text for counselling and psychotherapy trainees and organizations offering professional counselling services.

CONTENTS

PART ONE: THE BACKGROUND / Introduction / What Is Counselling? / Sources of Counselling Ethics / Frameworks for Counselling Ethics and Standards / PART TWO: RESPONSIBILITY TO THE CLIENT / Safety, Negligence and Insurance / Respect for Client Autonomy / Suicide and Refusal to Accept Life-Saving Treatment / Counsellor Competence / Avoiding the Exploitation of Clients / Confidentiality / Counselling in a Digital Age / Working with Diversity / PART THREE: THE COUNSELLOR AND OTHERS / Responsibility to Oneself, Colleagues and the Community / Counselling Supervision / Record-Keeping / Monitoring Counselling / PART FOUR: THE WHOLE PICTURE / Ethical Problem-Solving / Implications for Practice

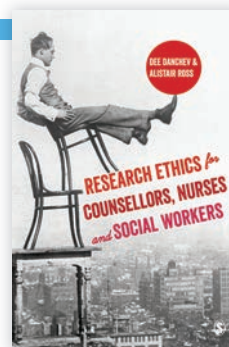
COUNSELLING IN ACTION SERIES



March 2015 • 240 pages
Cloth (978-1-4462-7393-7) • £85.00
Paper (978-1-4462-7394-4) • £29.99

RESEARCH ETHICS FOR COUNSELLORS, NURSES & SOCIAL WORKERS

Dee Danchev and Alistair Ross
both at *University of Oxford*



Provides a thoughtful approach to research ethics that will appeal to a range of different researchers. The style is clear and practical with illuminating vignettes and challenging questions in each chapter. This clarity, together with the depth in underpinning ethics with philosophical and historical ideas, will appeal to beginning and experienced researchers at a range of academic levels. An excellent text for anyone within the social science disciplines

- **Jan Grove**, *Senior Lecturer in Counselling, Newman University*



October 2013 • 160 pages
Cloth (978-1-4462-5335-9) • £65.00
Paper (978-1-4462-5336-6) • £21.99

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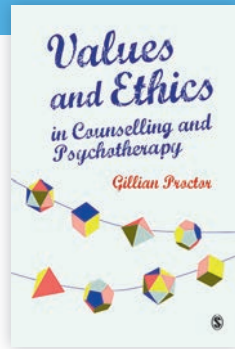
NEW!

VALUES & ETHICS IN COUNSELLING AND PSYCHOTHERAPY

Gillian Proctor *Private Practice*

Gillian Proctor has produced an insightful and thought-provoking book that takes us to the heart of human relating. She makes values and ethics a central part of the therapeutic process and this is illustrated throughout by a range of vignettes that skilfully balance theory with practice. It is a book that speaks to the soul

- **Professor Alistair Ross**, *Chair of BACP's Professional Ethics and Quality Standards Committee and Dean of Kellogg College, University of Oxford*



This book offers an introduction to values and ethics in counselling and psychotherapy, helping you to develop the ethical awareness needed throughout the counselling process.

The book covers:

- context and emergence of ethics in counselling
- exercises to explore personal and professional values
- tools to develop ethical mindfulness
- differences between therapeutic models
- relational ethics
- ethical dilemmas and issues
- practice issues including confidentiality, boundaries, and autonomy versus beneficence.

Using in-depth case studies of counselling students, the author demonstrates the constant relevance of values and ethics to counselling and psychotherapy, equipping trainees with the tools to successfully navigate values and ethics in their professional practice.

CONTENTS

Values / What Are Your Personal Values? / How Are Values Relevant to Therapy? / Therapy Ethics / Ethics in Healthcare / Ethics in Counselling and Psychotherapy / Making Ethical Decisions / Counselling, Psychotherapy and Society / Ethical Mindfulness / Practice Issues / Values and Ethics in Models of Therapy / Autonomy vs. Beneficence / Confidentiality / Boundaries / Particular Boundary Issues



March 2014 • 264 pages
Cloth (978-1-84920-613-6) • £70.00
Paper (978-1-84920-614-3) • £23.99

DECODING THE ETHICS CODE

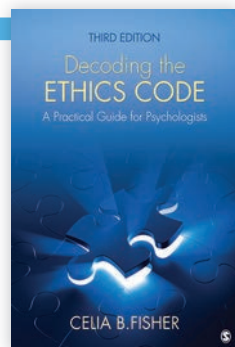
A Practical Guide for Psychologists

Third Edition

Celia B Fisher *Fordham University*

This acclaimed book demystifies the APA Principles of Psychologists and Code of Ethics.

2012 • 456 pages
Paper (978-1-4129-9760-7) • £44.99



NEW!

INTRODUCTION TO PROFESSIONAL COUNSELING

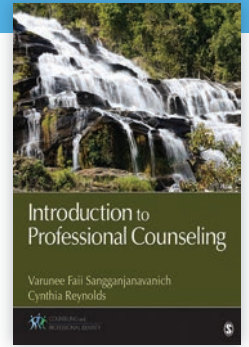
Edited by **Varunee Faii Sangganjanavanich** and **Cynthia Reynolds** both at *University of Akron*

Counsellors in training must complete one class that is dedicated to the history, profession and practice of counselling. In this course, students learn about the various roles counselors play and the fields within which they work. Taking an integrated, developmental approach, this book includes practice exercises, reflection questions, case studies, as well as pre- and post-self-assessments.

COUNSELING AND PROFESSIONAL IDENTITY



March 2014 • 392 pages
Paper (978-1-4522-4070-1) • £64.00



PERSONAL DEVELOPMENT IN COUNSELLING AND PSYCHOTHERAPY

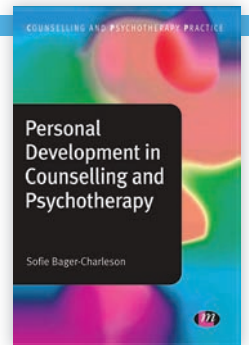
Sofie Bager-Charleson
Metanoia Institute, London

There is an increased emphasis on self awareness and self care in counselling and psychotherapy training, with a focus on how the therapist as a person affects the therapeutic outcome. This timely book responds to these complex issues and is designed to help counselling students, trainees and graduates with integrating their personal development into their professional planning.

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



2012 • 184 pages
Cloth (978-1-4462-5711-1) • £63.00
Paper (978-0-85725-935-6) • £19.99



REFLECTIVE PRACTICE IN COUNSELLING AND PSYCHOTHERAPY

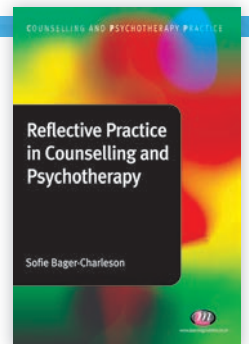
Sofie Bager-Charleson
Metanoia Institute, London

A practical student guide to reflective practice in counselling and psychotherapy.

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



2010 • 192 pages
Paper (978-1-84445-360-3) • £20.99



BECOMING A SKILLED COUNSELOR

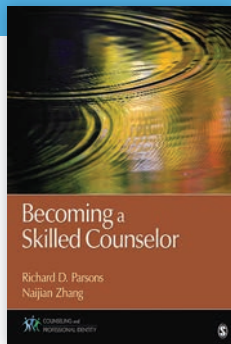
Richard D Parsons and Najjian Zhang both at *West Chester University of Pennsylvania*

This book covers the knowledge and skills essential for anyone in the helping professions and covers the critical skills of the helping relationship and current models of helping.

COUNSELING AND PROFESSIONAL IDENTITY



April 2013 • 408 pages
Paper (978-1-4522-0396-6) • £58.00



NEW EDITION!

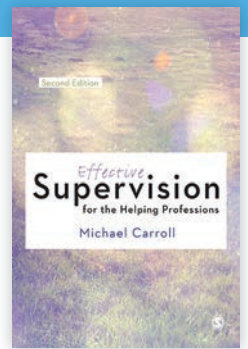
EFFECTIVE SUPERVISION FOR THE HELPING PROFESSIONS

Second Edition

Michael Carroll *Private Practice*

I heartily recommend this book to both supervisors and students as a book that will give you an insight into the heart of supervision as a collaborative learning process. As Michael Carroll draws on the wealth of his wisdom both personally and professionally, I felt as if I was a traveller on that journey of supervision with him. I have already added it to my list of recommended "books that you will not regret buying!"

Professor Maria Gilbert, Joint Head of Integrative Department, Metanoia Institute



NEW EDITION!

THERAPEUTIC COMMUNICATION

Developing Professional Skills

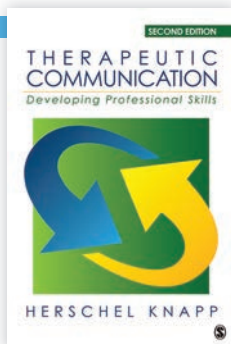
Second Edition

Herschel Knapp *University of Southern California*

Designed to teach students the fundamental interviewing tools (e.g. empathy, reflection, summarizing, etc.) that comprise professional clinical contact and can be used in all clinical skills courses and practice across the human services.



March 2014 • 320 pages
Paper (978-1-4833-4461-4) • £32.99



In this new edition, Michael Carroll draws on over 30 years of practising, teaching, researching and writing about supervision to provide an essential introduction to the field. Presenting a framework of supervision based on learning and reflective practice, the book offers new insights into how critical reflection can become the lifeblood of supervision.

Previously titled **Counselling Supervision**, this **Second Edition** covers crucial and contemporary areas of supervision such as building and maintaining the supervisory relationship, ethical maturity and insights into supervision from neuroscience. It widens the concept of supervision to include professions such as coaching, organizational development consulting, counselling and psychology, highlighting the organizational demands on supervision from these various contexts. Using features such as case studies, exercises and points for reflection, this is an ideal introduction to managing the supervisory relationship for both trainee and supervisor.

CONTENTS

What Is Supervision? / Voice, Identity and Power in Supervision / Managing the Supervisory Process / Forming the Supervisory Relationship / Restorative Supervision: Supporting the Supervisee / Ethics and Professional Practice in Supervision / The Role of the Organization in Supervision / Learning from Supervision / Reflection and Critical Reflection in Supervision / The Six Levels of Reflection / The Storytelling Brain and Supervision / Epilogue / Appendix 1: The Supervisory Journey: A Memoir



June 2014 • 216 pages
Cloth (978-1-4462-6992-3) • £75.00
Paper (978-1-4462-6994-7) • £25.99

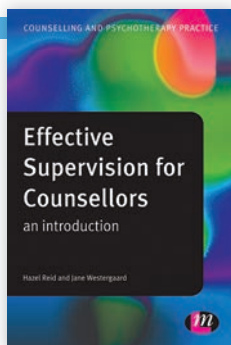
EFFECTIVE SUPERVISION FOR COUNSELLORS

An Introduction

Hazel Reid and Jane Westergaard both at *Canterbury Christ Church University*

I have found this book to be extremely informative, well set-out and very well-paced. It contains information on supervision from start to endings and gives case studies that can be analyzed both in class and as individual assessments set for students to carry out alone. It covers the ethical requirements of a counsellor and the need for self-monitoring and reflexive practice and gives explanations on why this is paramount for every counsellor, regardless of their theoretical model. I will be adding this to the recommended reading list

- **Sam Ford, Health and Social Care, South Essex College**

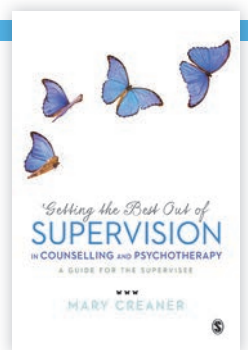


GETTING THE BEST OUT OF SUPERVISION IN COUNSELLING & PSYCHOTHERAPY

A Guide for the Supervisee

Mary Creaner *Trinity College, Dublin*

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.



December 2013 • 192 pages
Cloth (978-0-85702-905-8) • £60.00
Paper (978-0-85702-906-5) • £19.99

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



2013 • 200 pages
Cloth (978-1-4462-5713-5) • £60.00
Paper (978-1-4462-5455-4) • £17.99

TALES FROM THE THERAPY ROOM

Shrink-Wrapped

Phil Lapworth *Private Practice*

These engaging, moving, informative, warm and surprising stories convey the key points in counselling and psychotherapy practice. Overall, a beautifully written book that should be a real asset to the counselling and psychotherapy literature

- Mick Cooper, *Professor of Counselling, University of Strathclyde*



January 2011 • 168 pages
Cloth (978-0-85702-494-7) • £56.00
Paper (978-0-85702-495-4) • £16.99

NEW!

COUNSELING ASSESSMENT AND EVALUATION

Fundamentals of Applied Practice

Joshua C Watson *Mississippi State University* and Brandé Flamez *Walden University*

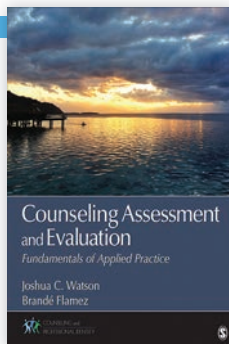
This book will help teach students how to diagnose, conduct treatment planning, and evaluate client outcomes. Addressing specific competencies as identified by CACREP (as all books in the series) the book will: provide the reader with foundational knowledge for sound formal and informal assessments; review ethical and legal considerations in assessment; introduce basic statistical concepts; highlight the domains in which assessments are commonly used (intelligence, aptitude, achievement, personality, career, etc.); and describe strategies to integrate assessment data when working with clients.

COUNSELING AND PROFESSIONAL IDENTITY



companion website

October 2014 • 560 pages
Paper (978-1-4522-2624-8) • £65.00



NEW!

COUNSELOR AS CONSULTANT

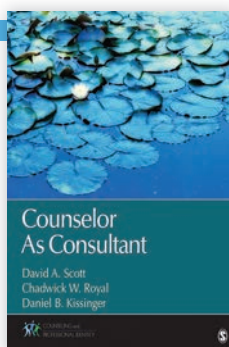
David A Scott *Clemson University*, Chadwick W Royal *North Carolina Central University* and Daniel B Kissinger *University of Arkansas, Fayetteville*

Professional counsellors often get hired to consult in various settings such as schools, organizations and career centres. This book helps counsellors in training learn essential skills for consultation positions for those who opt not to go into private practice, by covering the process and stages of consultation as well as some key skills such as writing proposals, conducting workshops, drafting contracts, fees and reporting.

COUNSELING AND PROFESSIONAL IDENTITY



April 2014 • 304 pages
Paper (978-1-4522-4218-7) • £58.00



NEW!

COUNSELING THEORY

Guiding Reflective Practice

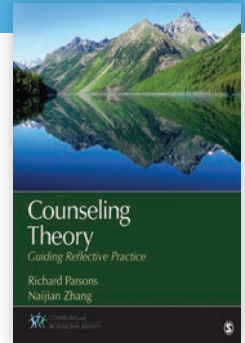
Edited by Richard D Parsons and Najian Zhang both at *West Chester University of Pennsylvania*

Each chapter in the book provides students with a snapshot of a particular theory/approach, the major thinkers associated with each theory, application to a single case study, and critical thinking and application questions to help students internalize the content presented and apply it to their own development as a counsellor.

COUNSELING AND PROFESSIONAL IDENTITY



March 2014 • 520 pages
Paper (978-1-4522-4465-5) • £64.00



NEW!

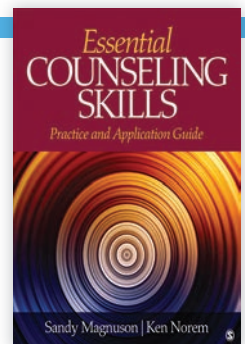
ESSENTIAL COUNSELING SKILLS

Practice and Application Guide

Sandy Magnuson and Ken Norem both *Retired Counselor Educators and Professional Counselors*

Providing an overview of various skills and constructs related to the practice of professional counselors this book helps students develop key skills around empathy, building relationships, case conceptualization, facilitating change, and integration of theory. Unique in its focus on activities and application, it also encourages deep reflection at every stage to help the student internalize the concepts presented.

June 2014 • 176 pages
Paper (978-1-4833-3313-7) • £35.99



NEW EDITION!

THE ESSENTIAL COUNSELOR

Process, Skills, and Techniques

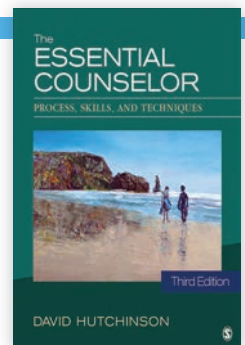
Third Edition

David Hutchinson *Johnson State College, Vermont*

With a warm and passionate writing style, David Hutchinson demonstrates the process of becoming a counselor and developing key skills from start to finish. Covering all the key counseling skills learned in a skills/methods course including engaging a client, lab practice activities, listening and developing empathy, and more advanced skills such as assessment, goal setting and action planning, the book also comes with over 20 hours of video demonstrations of key skills in the core chapters.



August 2014 • 424 pages
Paper (978-1-4833-3386-1) • £61.00



See the full listing of all our Counselling & Psychotherapy titles online at www.sagepub.co.uk

NEW!

COUNSELLING SKILLS AND STUDIES

Fiona Ballantine Dykes, Barry Kopp and Traci Postings, with introduction by **Dr Anthony Crouch** all at *Counselling and Psychotherapy Central Awarding Body*

Are you looking to use counselling skills to enhance your existing helping role or wanting to take the first steps towards becoming a professional counsellor? Well look no further! This practical guide will provide you with the ideal 'way-in', showing you what helping and counselling is all about.

Part One: Counselling Skills will introduce you to the underpinning knowledge and practical tools needed to develop a range of helping skills for use in a variety of helping roles, showing you what it means to work safely and ethically.

Part Two: Counselling Studies will help you take your understanding further by considering in detail important theories and professional issues, preparing you to work as a professional counsellor.

Part Three: Counselling Study Skills will offer practical advice and hints and tips to help you make the best start on your counselling portfolio, including journal and essay writing skills, research skills and how to get inspired and overcome blocks to your learning.

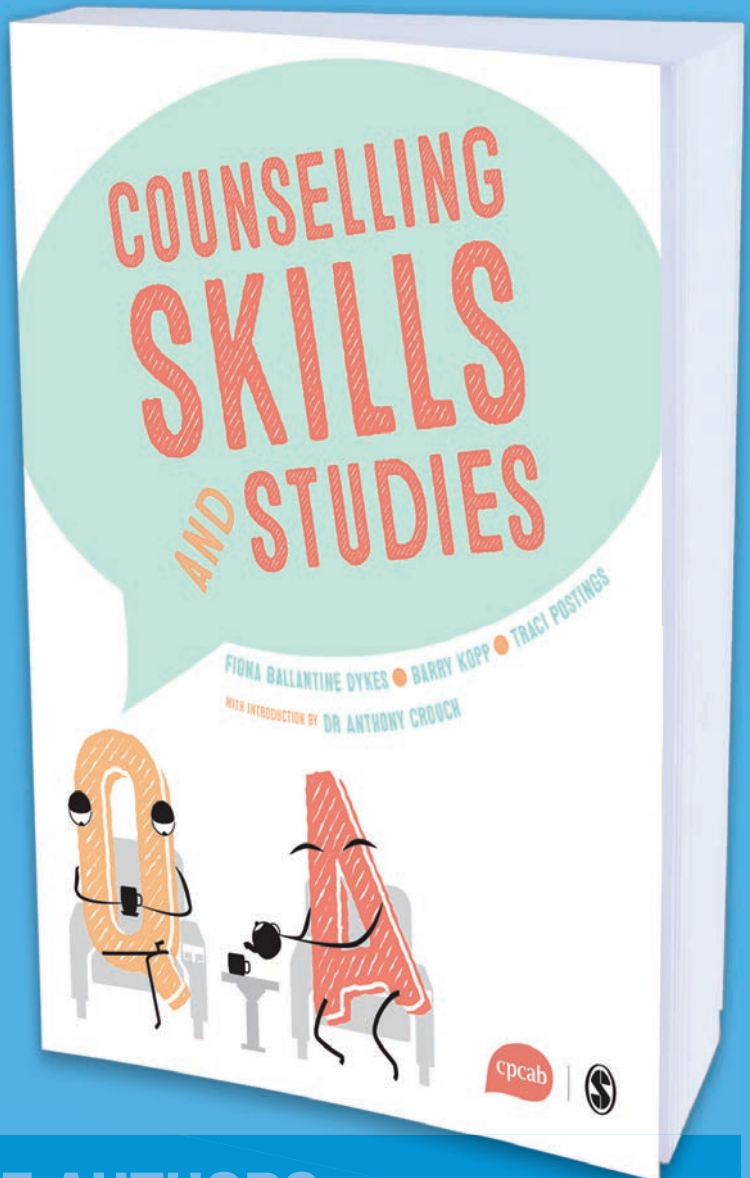
Packed full of practical activities and written in a supportive conversational style, this book is essential reading for anyone wanting to learn counselling skills or embarking on their first stage of training to be a counsellor.

CONTENTS

PART ONE: COUNSELLING SKILLS / Using Counselling Skills Ethically and Safely / Establishing a Helping Relationship / Working Empathically as a Helper / Focusing on the Helpee's Needs and Concerns / Using Self-Awareness in Helping Work / Using Counselling Skills / Using Feedback and Reflection / PART TWO: COUNSELLING STUDIES / Preparing to Work within an Ethical Framework as a Counsellor / Understanding the Counselling Relationship / Understanding Difference and Diversity to Develop Empathic Understanding / Working within a User-Centred Approach to Counselling / Using Theory to Increase Self Awareness / Understanding Theories of Counselling in Practice / Using Supervision to Support Counselling / PART THREE: COUNSELLING STUDY SKILLS / Motivation and Blocks to Learning / Journal Writing Skills / Essay Writing Skills / Experiential Learning / Critical Thinking / Research in Counselling and Helping Work



September 2014 • 304 pages
Cloth (978-1-4462-9401-7) • £65.00
Paper (978-1-4462-9402-4) • £21.99



60 SECONDS WITH THE AUTHORS

Anthony is a counselling psychologist and the founder and CEO of CPCAB and the Counselling Channel. His passionate belief in high quality counselling training led to the development of the CPCAB model in the early 1990's which has been reviewed regularly over the past two decades to incorporate the latest research on effective counselling. Anthony is also the author of 'Inside Counselling'.

Fiona is an experienced counsellor, supervisor and trainer and in addition to being Head of Qualifications at CPCAB, is also a governor of BACP and chair of the Federation of Awarding Bodies (FAB). She has always championed vocational training as an important route into the counselling profession and has a background in delivering counselling programmes in Further Education. She is a contributory author to 'Understanding Counselling and Psychotherapy.'

Traci is an experienced counsellor and supervisor. She has taught extensively in adult education and is a training consultant in the homelessness sector. She has also compiled a training manual which highlights the value of counselling skills in health and social care. She has a special interest in substance misuse and addiction and is currently the Head of Verification at CPCAB.

Why did you decide to write the book?

There are many books on counselling but this type of conversational, user friendly textbook engages the reader in a dialogue to provide the essential information in a friendly manner with a range of activities to stimulate learning.

What do you think makes your book unique?

The book is based around a research-informed model and has a vocational rather than academic focus. The first part of the book engages the reader in a conversation about the skills and understanding needed to use counselling skills in helping roles. The second part of the book focuses on the theoretical knowledge and skills needed to prepare to work as a counsellor in an agency context.

What do you think are the most important issues in counselling and psychotherapy at the moment?

Challenging the simplistic approach of the medical model with its focus on treatment and moving beyond the conflicts between the different counselling and psychotherapy approaches.

THE PRACTICE OF COLLABORATIVE COUNSELING AND PSYCHOTHERAPY

Developing Skills in Culturally Mindful Helping

David Pare *University of Ottawa*

Keeping power relations and cultural diversity at the forefront, this is a comprehensive introduction to counselling and psychotherapy skills designed to teach future practitioners how to develop and foster collaborative relationships with their clients.

companion website

2013 • 504 pages
Paper (978-1-4129-9509-2) • £56.00



NEW!

THE THERAPEUTIC RELATIONSHIP IN COUNSELLING AND PSYCHOTHERAPY

Stephen Paul and Divine Charura
both at *Leeds Metropolitan University*

The therapeutic relationship is considered to be the most significant factor in achieving positive therapeutic change. As such, it is essential that trainee and practising therapists are able to facilitate a strong working alliance with each of their clients. This book will help them do just that, by offering a practical and evidence-based guide to all aspects of the therapeutic relationship in counselling and psychotherapy. Cross-modality in approach, this book examines the issues impacting on the therapeutic relationship true to all models of practice.

Content covered includes:

- the history of the therapeutic relationship
- the place of the therapeutic relationship in a range of therapy settings, including IAPT
- concepts and practical skills essential for establishing and maintaining a successful working alliance
- the application of the therapeutic relationship to a variety of professional roles in health and social care
- practice issues including potential challenges to the therapeutic relationship, working with diversity and personal and professional development
- research and new developments.

Using examples, points for reflection and chapter aims and summaries to help consolidate learning, the authors break down the complex and often daunting topic of the therapeutic relationship, making this essential reading for trainee and practising therapists, as well as those working in a wider range of health, social care and helping relationships.

CONTENTS

Introduction: The Therapeutic Relationship in Counselling and Psychotherapy / Introducing the Therapeutic Relationship / What the Research Tells Us / The Relationship in Different Modalities / A Relational Approach to Therapy / Developmental Factors in a Relational Approach / Establishing the Relationship / Developing the Relationship / Challenges to the Relationship: When Things Get Tricky / Ending the Relationship / The Relationship in a Professional Context / The Relationship in Different Settings / The Therapist's Self in Relationship / Working with Difference within the Therapeutic Relationship: A Relational Perspective / Developing your Practice / Appendix 1: Glossary of Terms / Appendix 2: Conclusions and Recommendations of the Interdivisional (APA Divisions 12 & 29) Task Force on Evidence-Based Therapy Relationships



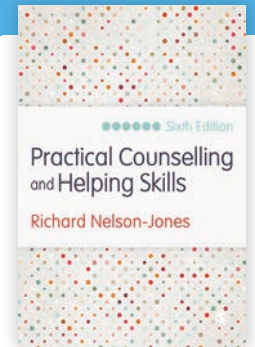
October 2014 • 232 pages
Cloth (978-1-4462-5663-3) • £70.00
Paper (978-1-4462-5664-0) • £23.99

PRACTICAL COUNSELLING AND HELPING SKILLS

Text and Activities for the Lifeskills Counselling Model

Sixth Edition

Richard Nelson-Jones *British Psychological Society and British Association for Counselling and Psychotherapy*



This **Sixth Edition of Practical Counselling and Helping Skills** is a formidable achievement. Its comprehensiveness, clarity of style and structure, and its attention to the latest developments in the field make it an outstanding resource for experienced practitioners, trainers and trainees alike. What is more, Richard Nelson-Jones' reflectiveness on his immense experience over many decades and in differing cultures gives the book a quality of generous inclusiveness which is rare in the counselling literature. Admirers of such contrasting figures as Carl Rogers, Aaron Beck, Albert Ellis and Gerard Egan will all find much to value in its pages

- **Brian Thorne, Emeritus Professor of Counselling, University of East Anglia**

This bestselling book will provide your students with the clear but challenging guide they need to help them become effective and confident counsellors. Stemming from the life's work of a leading international author and practitioner, this book provides a step-by-step guide to the author's three-stage model - a systemic approach to counselling designed to facilitate lifeskills in others and to help them to change how they feel, think, communicate and act.

Your students will be guided through each of the three different stages - relating, understanding and changing - introducing them to the core skills and techniques used at each stage of the process.

Key learning features include:

- practical activities, helping your students test their understanding and enhance their learning
- case examples, supporting your students when applying key skills in practice
- user-friendly format, making sure your students can easily navigate the book to get the most out of it
- comprehensiveness, ensuring there is no gap in your student's knowledge.

This book will take your students beyond basic or introductory skills, making it an essential companion for all your counselling skills courses.

CONTENTS

PART ONE: INTRODUCTION / What Is Counselling and Helping? / Create Communication Skills and Feelings / Create Mind Skills / The Lifeskills Counselling Model / PART TWO: THE RELATING STAGE / Pre-Counselling Contact / Listening Skills / Show Understanding Skills / Start the Counselling and Helping Process / PART THREE: THE UNDERSTANDING STAGE / Clarify Problems Skills / Assess Feelings and Physical Reactions / Assess Thinking / Assess Communication and Actions / Agree on a Shared Definition of Problems / PART FOUR: THE CHANGING STAGE / Plan Interventions / Deliver Interventions / Interventions for Thinking - 1 / Interventions for Thinking - 2 / Interventions for Communication and Actions - 1 / Interventions for Communication and Actions - 2 / Interventions for Feelings / Negotiate Homework / Conduct Middle Sessions / End and Assist Client Self-Helping / PART FIVE: FURTHER CONSIDERATIONS / Relaxation Interventions / Multicultural Counselling and Helping / Gender-Aware Counselling and Helping / Technology Mediated Counselling and Helping / Positive Counselling and Helping / Ethics in Practice and Training / Supervision / Personal Counselling and Continued Professional Development



November 2013 • 528 pages
Cloth (978-1-4462-6984-8) • £90.00
Paper (978-1-4462-6985-5) • £31.99

YOU CAN FIND TITLES FROM THESE SERIES THROUGHOUT THIS CATALOGUE.

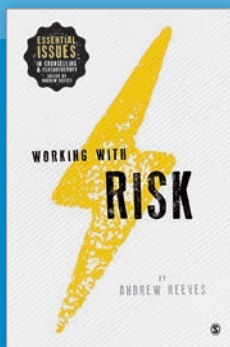
Series in Counselling & Psychotherapy

SAGE publishes a wide range of series in Counselling and Psychotherapy. Each is edited by leading trainers and practitioners who draw together experienced and well known authors from a variety of backgrounds. Some are ideal for students and trainees, offering short and practical introductions to theory and practice, whilst others delve more deeply into the subject, providing thought-provoking reading for qualified counsellors, psychotherapists and other practitioners in the helping professions.

ESSENTIAL ISSUES IN COUNSELLING AND PSYCHOTHERAPY SERIES

Series Editor: **Andrew Reeves**

This new series brings together a number of new, accessible and practice-informed texts that carefully and thoroughly address the essential issues of practice- those that sit at the very core of practice - that can challenge and shape all aspects of counselling and psychotherapy.

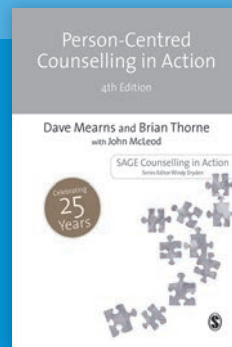


sample cover

COUNSELLING IN ACTION SERIES

Series Editor: **Windy Dryden**

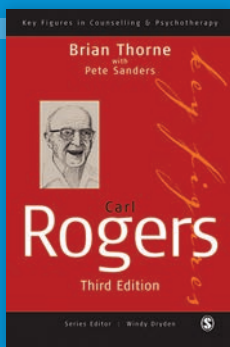
SAGE Counselling in Action is a bestselling series of short, practical introductions designed for students and trainees. Covering theory and practice, the books are core texts for many courses, both in counselling and other professions such as nursing, social work and teaching.



KEY FIGURES IN COUNSELLING AND PSYCHOTHERAPY SERIES

Series Editor: **Windy Dryden**

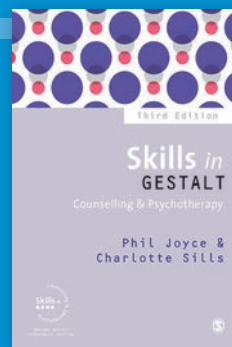
The books in this series introduce readers to the life, work and influence of leading innovators whose theoretical and practical contributions have shaped the development of contemporary counselling and psychotherapy.



SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

Series Editor: **Francesca Inskipp**

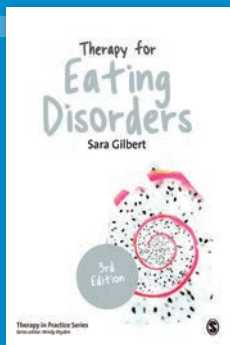
Skills in Counselling & Psychotherapy is a series of practical guides for trainees and practitioners. Each book takes one of the main approaches to therapeutic work and describes the core skills and techniques used within that approach.



THERAPY IN PRACTICE SERIES

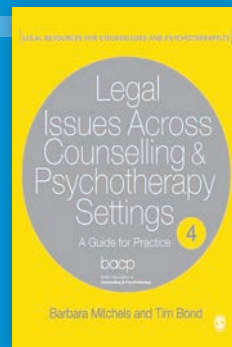
Series Editor: **Windy Dryden**

Therapy in Practice is a series of books developed especially for therapists and students, which provides practical, accessible guidelines for dealing with clients with specific, but very common problems. Books in this series have become recognised as classic texts in their field.



LEGAL RESOURCES FOR COUNSELLORS AND PSYCHOTHERAPISTS SERIES

These highly practical books, themed around broad topics, reflect the most 'frequently asked questions' that are asked of the British Association for Counselling and Psychotherapy's professional advice line.

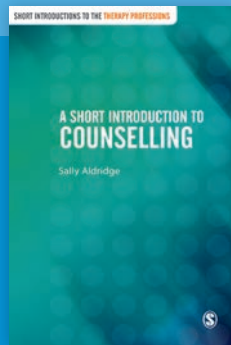


Find out more at www.sagepub.co.uk/cp

SHORT INTRODUCTIONS TO THE THERAPY PROFESSIONS SERIES

Series Editor: **Colin Feltham**

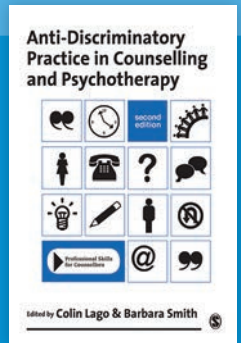
These books examine the different professions which provide help for people experiencing emotional or psychological problems. The books are a source of up-to-date information about: the nature of the work; training, continuing professional development and career pathways; the structure and development of the profession; and more.



PROFESSIONAL SKILLS FOR COUNSELLORS SERIES

Series Editor: **Colin Feltham**

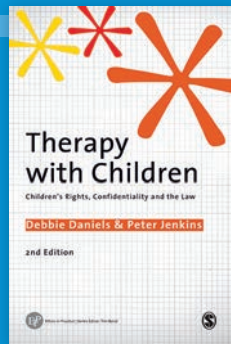
The *Professional Skills for Counsellors* series covers the practical, technical and professional skills and knowledge which trainee and practising counsellors need to improve their competence in key areas of therapeutic practice.



ETHICS IN PRACTICE SERIES

Series Editor: **Tim Bond**

Books in this series offer short, practical guides to ethical issues which confront counsellors, psychotherapists and other professionals everyday. Suitable for both students and practitioners, the books are designed to give a clearer understanding of issues which are often considered complex and contentious.



SAGE THERAPEUTIC CHANGE SERIES

Series Editor: **Windy Dryden**

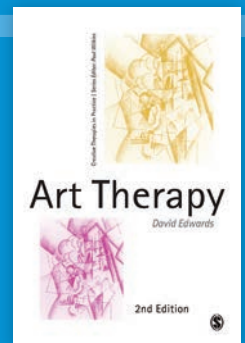
These books examine 'change' as the goal of counselling and psychotherapy. Each book takes a different therapeutic approach and looks at how change is conceptualized and worked with by practitioners from that approach.



CREATIVE THERAPIES IN PRACTICE SERIES

Series Editor: **Paul Wilkins**

These books introduce and explore a range of arts therapies, drawing on case material to demonstrate the methods and techniques involved. The books are lively and informative introductions to using the creative arts in therapeutic practice.



COUNSELLING IN A NUTSHELL SERIES

Series Editor: **Windy Dryden**

Books in the *Counselling in a Nutshell* series provide concise introductions to the key elements of theory and practice underpinning major therapeutic approaches. Each book looks at a different form of therapy and provides an accessible way of understanding complex ideas and concepts.



BRIEF THERAPIES SERIES

Series Editor: **Stephen Palmer**
Associate Editor: **Gladeana McMahon**

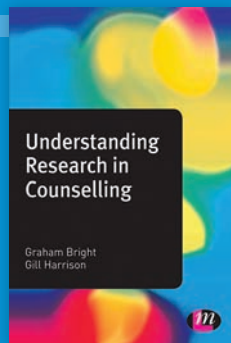
This series of books focuses on the specific skills, theories and practices involved in brief and time-limited therapies. It is aimed at students, beginning and experienced counsellors, therapists and other members of the helping professions.



COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES

Series Editor: **Norman Claringbull**

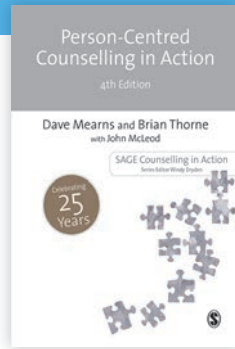
Counselling and Psychotherapy Practice is a Learning Matters series written specifically to support students on Counselling and Psychotherapy courses. These books are practical in focus, concentrate on linking theory to everyday practice, and include practical activities to aid learning.



PERSON-CENTRED COUNSELLING IN ACTION

Fourth Edition

Dave Mearns Formerly at University of Strathclyde, **Brian Thorne** Norwich Centre for Personal and Professional Development and **John McLeod** University of Abertay, Dundee



This book has influenced a generation of counsellors and the new edition continues to offer insight and wisdom

- **Janet Tolan, Psychotherapist and author of Skills in Person-Centred Counselling and Psychotherapy**

An excellent and time-tested, comprehensive book. Every new edition is substantially improved, and I cannot recommend this to students enough

- **Ian Townsend, Counselling, Blackburn College**

It is now over two decades since the first edition of **Person-Centred Counselling in Action** appeared. In that time, authors Dave Mearns and Brian Thorne have inspired trainees and practitioners with their clear exposition of the theory and practice of the person-centred approach.

This important **Fourth Edition** maintains the accessibility and verve that have found world-wide acclaim, while incorporating new developments in the approach. John McLeod joins authors Dave Mearns and Brian Thorne to contribute an exciting new chapter on research relevant to the person-centred field.

This book will be an invaluable resource for those embarking on their first stages of training. Well-established practitioners and even seasoned scholars will continue to find much to interest and stimulate them.

CONTENTS

Basic Theory of the Person-Centred Approach / Recent Developments in Person-Centred Theory / The Counsellor's Use of the Self / Empathy / Unconditional Positive Regard / Congruence / 'Beginnings' / 'Middles' / 'Endings' / Research on Person-Centred Counselling / Appendix: Questions and Responses

COUNSELLING IN ACTION SERIES

IC **e** 2013 • 240 pages
Cloth (978-1-4462-5252-9) • £75.00
Paper (978-1-4462-5253-6) • £24.99

NEW!

UNDERSTANDING PERSON-CENTRED COUNSELLING

An Experiential Approach

Christine Brown

This book provides a key introduction to the theory, concepts and practice of the person-centred approach, through the lens of the practitioner's experience and personal development.

Writing as someone who has been through real life challenges and has developed and learned as a result, the author's strikingly personal style not only helps to contextualize complex and nuanced theory, but makes this a truly unique book about real person-centred practice and experience. From Roger's early philosophy through to the current developments and controversies in the field, the author uses personal testimonies, exercises and reflection points to make challenging concepts and practice issues accessible for the novice reader. What results is an informative and fascinating read for all those training and interested in the person-centred approach.

e October 2014 • 192 pages
Cloth (978-1-4462-0764-2) • £65.00
Paper (978-1-4462-0765-9) • £21.99

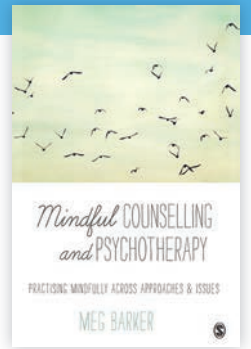
MINDFUL COUNSELLING & PSYCHOTHERAPY

Practising Mindfully Across Approaches & Issues

Meg Barker The Open University

This is the book on Mindfulness and Individual Therapy that I have been waiting to read. Written from the heart as a mindfulness practitioner and therapist, the author captures the flavour of mindfulness, weaving together the concepts and practices of mindfulness into an integration with different therapeutic approaches. Easily accessible with supporting case examples, this is a book for the novice and experienced mindful therapist

- **Jody Mardula, UKCP, Registered Psychotherapist, Mindfulness Teacher for Centre for Mindfulness Research and Practice, Bangor University**



Responding to the growing popularity of mindfulness, this is the first cross-modality textbook on using mindfulness approaches in counselling and psychotherapy.

e October 2013 • 216 pages
Cloth (978-1-4462-1110-6) • £65.00
Paper (978-1-4462-1111-3) • £21.99

HOPE IN COUNSELLING AND PSYCHOTHERAPY

Denis O'Hara Australian College of Applied Psychology

Packed full of case examples, practical exercises and points for reflection, this book will prove essential reading for any training or practising health-care professional looking to understand hope in the process of change.

e June 2013 • 208 pages
Cloth (978-1-4462-0169-5) • £65.00
Paper (978-1-4462-0170-1) • £22.99



ART THERAPY

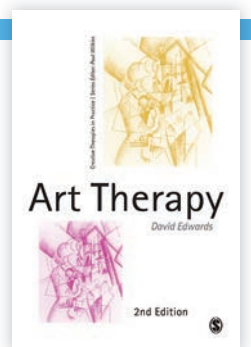
Second Edition

David Edwards Share Psychotherapy Agency, Sheffield

This bestselling introduction to art therapy brings theory to life through case material and examples of real artwork produced during therapy sessions. Practising art therapist, David Edwards, explains key theoretical ideas - such as symbolism, play, transference and interpretation - and shows how these relate to practice.

CREATIVE THERAPIES IN PRACTICE SERIES

IC **e** December 2013 • 200 pages
Cloth (978-1-4462-0179-4) • £75.00
Paper (978-1-4462-0180-0) • £24.99




CHANGE FOR THE BETTER

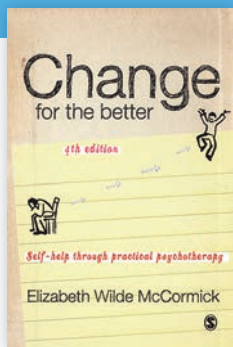
Self-Help through Practical Psychotherapy

Fourth Edition

Elizabeth Wilde McCormick

Based on a model of time-limited therapy, this bestselling book has helped many people find ways of dealing with everyday emotional difficulties. Its continuing popularity has prompted this **Fourth Edition**, which features up-to-date thinking from psychology and mindfulness.

 2012 • 344 pages
Cloth (978-1-4462-0814-4) • £77.00
Paper (978-1-4462-0815-1) • £25.99



NEW EDITION!

THEORIES OF COUNSELING AND PSYCHOTHERAPY

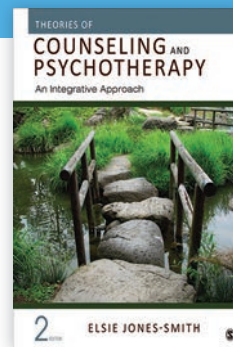
An Integrative Approach

Second Edition

Elsie Jones-Smith *American Board of Professional Psychology*

Theories of Counseling and Psychotherapy is a core textbook for the theories of counseling and psychotherapy course at both the undergraduate and graduate level.

December 2014
Cloth (978-1-4833-5198-8) • £77.00





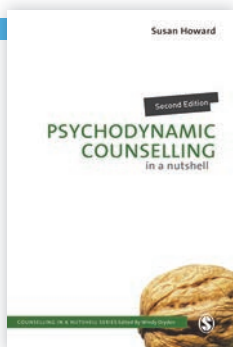
PSYCHODYNAMIC COUNSELLING IN A NUTSHELL

Second Edition

Susan Howard *University of Surrey*

This helpful little book explains the concepts and practice of psychodynamic counselling in clear, jargon-free style. It is the ideal springboard to further study for those coming to the approach for the first time.

COUNSELLING IN A NUTSHELL
  2011 • 120 pages
Cloth (978-1-84920-745-4) • £59.00
Paper (978-1-84920-746-1) • £14.99



NEW EDITION!

SKILLS IN GESTALT COUNSELLING & PSYCHOTHERAPY

Third Edition

Phil Joyce *Metanoia Institute, London* and Charlotte Sills *Metanoia Institute, London and Ashridge College*

This practical guide to the Gestalt approach has successfully introduced thousands of trainee therapists to all the essential skills needed at each stage of Gestalt practice. Now in its **Third Edition**, each chapter has been updated with the latest relevant literature and research findings.

In addition, there is:

- expanded content on working with more challenging client issues
- integration of ideas from sensorimotor and EMDR psychotherapy, as well as some mindfulness techniques
- new material on depression and anxiety
- three brand-new chapters on building resources and working with trauma.



The authors offer practical guidance on issues such as setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, making the most of supervision, adopting a research approach and managing difficult encounters.

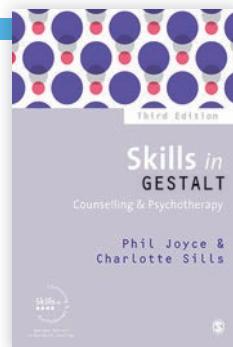
This is an ideal text for use on counselling and counselling skills courses, and provides a useful overview of how to understand and manage the whole process of therapy, especially those training in or practising Gestalt.

CONTENTS

PART ONE: GESTALT THERAPY IN PRACTICE / Preparing for the Journey / Phenomenology and Field Theory / Awareness / The Therapeutic Relationship / Assessment and Diagnosis / Treatment Considerations / Strengthening Support / Shame / Experimenting / Contact Styles: Modifications to Contact and Polarities / Unfinished Business / Transference and Counter-Transference / Embodied Process / Dreams / Self-Supervision / Ending the Journey / PART TWO: MANAGING CHALLENGING ENCOUNTERS / Assessing and Managing Risk / Resourcing the Client / Depression and Anxiety / Trauma Part 1: Assessing and Stabilizing / Trauma Part 2: Processing and Integrating / PART THREE: GESTALT PRACTICE IN CONTEXT / Brief Therapy / The Reflective Practitioner: Research in Gestalt / Diversity, Culture and Ethics / Spiritual Counselling

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

  February 2014 • 320 pages
Cloth (978-1-4462-7586-3) • £75.00
Paper (978-1-4462-7587-0) • £24.99





INTEGRATION IN COUNSELLING & PSYCHOTHERAPY

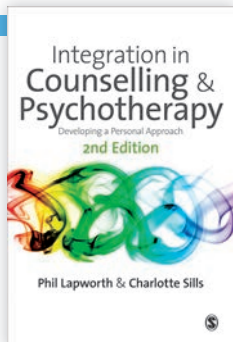
Developing a Personal Approach

Second Edition

Phil Lapworth *Private Practice* and Charlotte Sills *Metanoia Institute, London and Ashridge College*

This book is established reading for any practitioner or trainee wishing to develop their own personal style of working. As well as examining contemporary integrative approaches, the authors show how to develop an individual approach to integrating theories and methods from a range of psychotherapies.

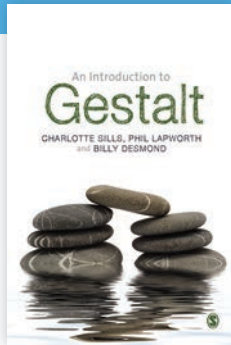
  2009 • 200 pages
Cloth (978-1-84860-443-8) • £76.00
Paper (978-1-84860-444-5) • £25.99



AN INTRODUCTION TO GESTALT

Charlotte Sills *Metanoia Institute, London and Ashridge College, Phil Lapworth Private Practice and Billy Desmond*

This thoroughly revised edition of **Gestalt Counselling** introduces the fundamental concepts of Gestalt and systematically demonstrates how to apply and use these in practice. Taking a relational perspective, the expert authors explore how Gestalt can be used in a wide variety of 'helping conversations' from counselling, psychotherapy and coaching, to mentoring, managing, consulting and guiding.



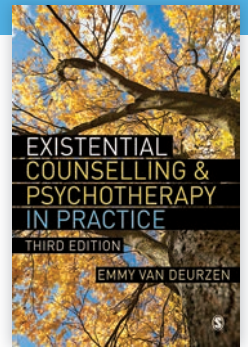
IC **e** 2012 • 208 pages
Cloth (978-1-4462-0727-7) • £67.00
Paper (978-1-4462-0728-4) • £21.99

EXISTENTIAL COUNSELLING & PSYCHOTHERAPY IN PRACTICE

Third Edition

Emmy van Deurzen *New School of Psychotherapy and Counselling, London*

Offering a concrete framework and practical methods for working from an existential perspective, the bestselling **Existential Counselling and Psychotherapy in Practice** is now in its **Third Edition**.



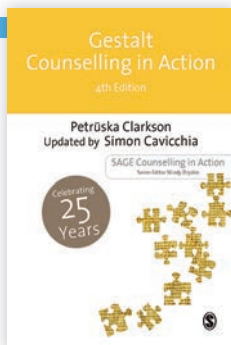
IC **e** 2012 • 264 pages
Cloth (978-1-84920-067-7) • £72.00
Paper (978-1-84920-068-4) • £24.99

GESTALT COUNSELLING IN ACTION

Fourth Edition

Petrůška Clarkson and **Simon Cavicchia** *Metanoia Institute, London*

Covering the latest Gestalt theory, research and practice whilst preserving the author's lively and authoritative style, this book begins with the theoretical and philosophical basis of Gestalt and goes on to set out the six main phases of the therapeutic process in a clear, accessible manner.



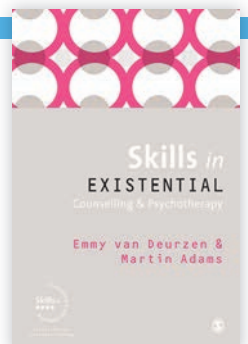
COUNSELLING IN ACTION SERIES
IC **e** October 2013 • 256 pages
Cloth (978-1-4462-1127-4) • £75.00
Paper (978-1-4462-1128-1) • £24.99

SKILLS IN EXISTENTIAL COUNSELLING & PSYCHOTHERAPY

Emmy van Deurzen *New School of Psychotherapy and Counselling, London* and **Martin Adams** *New School of Psychotherapy and Counselling and Regent's College, London*

At last - a lucid and accessible overview of the "British model" of existential therapy. With its clear language and well-judged examples of practice, this is an essential resource for trainees and practitioners alike

- **Professor Simon du Plock**, *Metanoia Institute and Middlesex University*



SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

IC **e** 2010 • 176 pages
Cloth (978-1-4129-4779-4) • £67.00
Paper (978-1-4129-4780-0) • £21.99

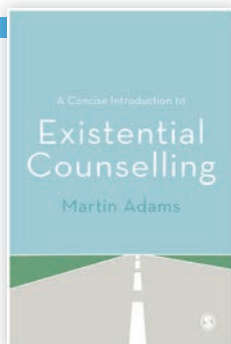
A CONCISE INTRODUCTION TO EXISTENTIAL COUNSELLING

Martin Adams *New School of Psychotherapy and Counselling and Regent's College, London*

A Concise Introduction to Existential Counselling is a superb addition to the literature on existential counselling and psychotherapy. Martin Adams provides an excellent overview of the field for those who are new to it at the same time as distilling key features in a way which will be valuable for experienced practitioners

- **Meg Barker**, *Senior Lecturer in Psychology, The Open University*

IC **e** 2013 • 160 pages
Cloth (978-1-4462-0843-4) • £60.00
Paper (978-1-4462-0844-1) • £16.99

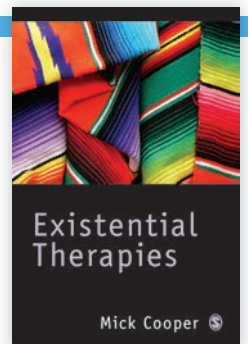


EXISTENTIAL THERAPIES

Mick Cooper *University of Roehampton*

Focusing on practical, face-to-face work with clients, this book: introduces readers to six key existential therapies; discusses key figures and their contributions, including Irvin Yalom, Emmy van Deurzen, Ernesto Spinelli, Viktor Frankl and R D Laing; compares and contrasts the various approaches; and outlines key debates within the existential therapy field.

IC **e** 2003 • 192 pages
Cloth (978-0-76197-320-1) • £91.00
Paper (978-0-76197-321-8) • £25.99



TRANSACTIONAL ANALYSIS COUNSELLING IN ACTION

Fourth Edition

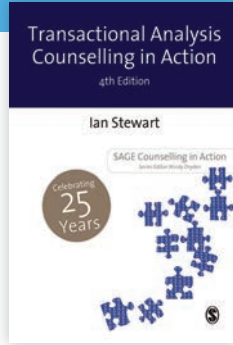
Ian Stewart *Berne Institute, Nottingham*

With over 25,000 copies sold since its first edition, this book provides an unrivalled introduction to the core concepts and basic techniques of transactional analysis.

COUNSELLING IN ACTION SERIES



October 2013 • 280 pages
Cloth (978-1-4462-5327-4) • £75.00
Paper (978-1-4462-5328-1) • £25.99



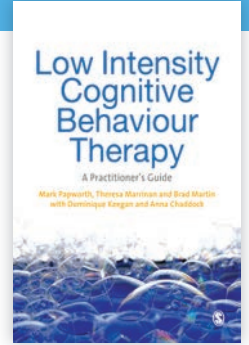
LOW INTENSITY COGNITIVE-BEHAVIOUR THERAPY

A Practitioner's Guide

Mark Papworth, Theresa Marrinan
Newcastle University, Brad Martin,
Dominique Keegan and Anna Chaddock

This book is an absolute must for anyone training to do or practising CBT. I have found it to be a great comprehensive textbook and packed full of tools and practical resources. I really like the addition of the chapter on empathy - an often neglected area in CBT. I'd thoroughly recommend

- Amazon reviewer



PSYCHOSYNTHESIS COUNSELLING IN ACTION

Fourth Edition

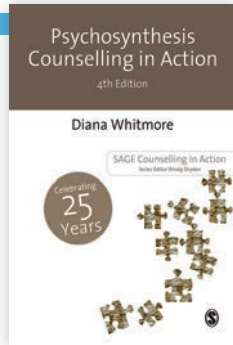
Diana Whitmore *Psychosynthesis and Education Trust, London*

Having sold over 15,000 copies since first publication, this book is the definitive introduction to the principles and techniques of psychosynthesis. Pitched clearly and accessibly, it explains how the counsellor or psychotherapist can incorporate psychosynthesis into their own work with clients.

COUNSELLING IN ACTION SERIES



December 2013 • 232 pages
Cloth (978-1-4462-5292-5) • £75.00
Paper (978-1-4462-5293-2) • £25.99



NEW EDITION!

SKILLS IN COGNITIVE BEHAVIOUR THERAPY

Second Edition

Frank Wills *University of South Wales*

This **Second Edition** is a step-by-step guide to the core techniques used by practitioners in achieving therapeutic change using the cognitive behavioural approach. Drilling down into the skills required at each stage of the therapeutic process, this new edition brings the therapeutic relationship to the forefront, showing trainees practically how to build and maintain a successful working alliance with their clients. Case examples in a variety of settings showcase skills in action, while the book's straightforward writing style and logical structure following the progression of therapy make it highly accessible for those with little or no prior experience in CBT.

Fully updated, this **Second Edition** includes:

- an insight into IAPT
- new material on third wave CBT
- new content relevant to trainees in other modalities with an interest in CBT
- additional material on common presenting issues such as depression and anxiety
- additional material on the historical foundations of CBT.

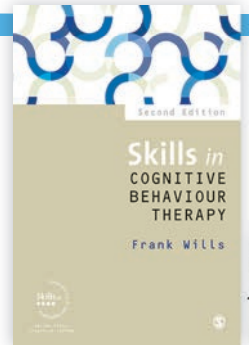
CONTENTS

Practising CBT Skills within their Knowledge Base / Assessing, Formulating and Starting CBT / Developing the Relationship in CBT / Intervening in Cognitions / Intervening in Behaviours / Intervening in Emotions / Intervening in Lifelong Patterns / Maintaining and Developing CBT Skills

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES



December 2014 • 240 pages
Cloth (978-1-4462-7483-5) • £70.00
Paper (978-1-4462-7484-2) • £23.99



sample cover

CBT FOR BEGINNERS

Second Edition

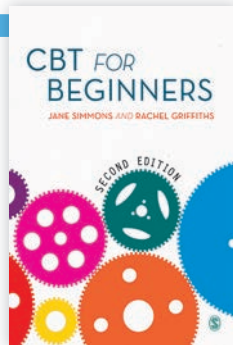
Jane Simmons and Rachel Griffiths
both *Practising Clinical Psychologists*

I use this book in my teaching of Masters of Clinical Psychology students and they love it. It's easy to read and follow, providing a great starting point for trainee psychologists to learn the basics of CBT. Students really grasp the concepts well and it increases their confidence in delivering therapy

- Dr Vivienne Lewis, *University of Canberra*



December 2013 • 272 pages
Cloth (978-1-4462-5890-3) • £70.00
Paper (978-1-4462-5891-0) • £23.99



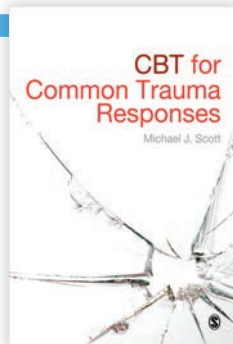
CBT FOR COMMON TRAUMA RESPONSES

Michael J Scott *Private Practice, Liverpool*

This book fills a gap for a practical, authored CBT text that covers all post-trauma responses - PTSD and its co-morbidities - and how they affect and relate to one another.



2012 • 264 pages
Cloth (978-1-4462-0864-9) • £77.00
Paper (978-1-4462-0865-6) • £25.99



NEW!

INTRODUCING CBT FOR OLDER PEOPLE

Ken Laidlaw *University of East Anglia*

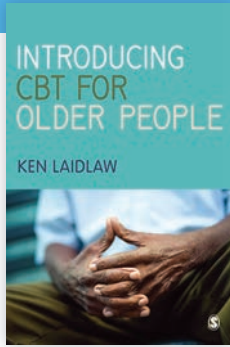
Taking the reader step by step through the cognitive-behavioural therapy (CBT) process, this book demonstrates the essential skills and knowledge needed to work competently with older people. Supported by clinical case examples, therapeutic dialogue, hints and tips, and points for reflection, the book introduces and examines:

- the basic theoretical models in CBT and how they fit with older people
- the main behavioural interventions and their practical application
- social context and relevant theories of ageing and the implications of assessment, diagnosis and treatment
- issues of anxiety, worry, insomnia and depression, and more specialist applications of CBT for chronic illnesses
- the latest developments, thinking and empirical evidence for CBT with older people.

CONTENTS

Introduction to CBT / Practical Information / Primer for Depression / Primer for Anxiety / Wisdom Enhanced CBT / Therapeutic Relationship / Structure of CBT / Cognitive and Behavioural Interventions / Formulation / Physical Comorbidity / Dementia / Future Developments

December 2014 • 208 pages
Cloth (978-1-84920-459-0) • £65.00
Paper (978-1-84920-460-6) • £21.99

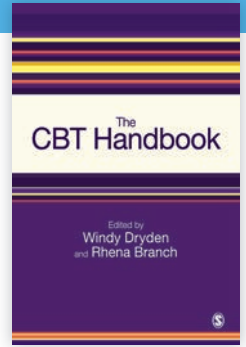


THE CBT HANDBOOK

Edited by **Windy Dryden** and **Rhena Branch** both at *Goldsmiths, University of London*

Edited by two of the biggest names in the field, Windy Dryden and Rhena Branch, with 26 chapters by leading experts, this book is the most accessible yet comprehensive guide to CBT theory, skills, research and practice.

2011 • 512 pages
Cloth (978-1-84920-551-1) • £91.00
Paper (978-1-84920-552-8) • £29.99



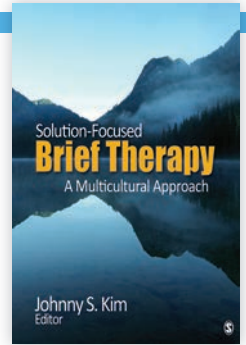
SOLUTION-FOCUSED BRIEF THERAPY

A Multicultural Approach

Edited by **Johnny S Kim, PhD**
University of Denver

This timely text outlines the basics of solution-focused therapy then applies the approach to a range of multicultural populations.

September 2013 • 224 pages
Paper (978-1-4522-5667-2) • £28.99

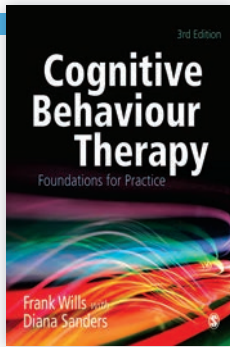


COGNITIVE BEHAVIOUR THERAPY

Foundations for Practice

Third Edition

Frank Wills *University of Wales, Newport* and **Diana Sanders**
Counselling Psychologist and Cognitive Psychotherapist, Oxford



One of the very best introductions to CBT, now enhanced with excellent coverage of new developments

- **Professor Neil Frude,**
Consultant Clinical Psychologist

2012 • 352 pages
Cloth (978-1-84920-564-1) • £77.00
Paper (978-1-84920-565-8) • £25.99

COGNITIVE BEHAVIOUR THERAPIES

Edited by **Windy Dryden** *Goldsmiths, University of London*

Comprising 12 accessible chapters from leading experts in the field, this book brings together, in one volume, the major approaches to Cognitive Behaviour Therapy (CBT) practised in Britain today and will prove essential reading for both CBT trainees and practitioners.



2012 • 304 pages
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Sample

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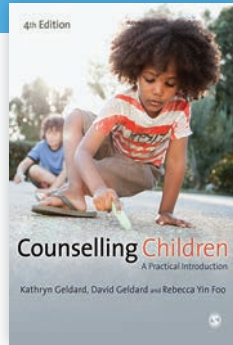


COUNSELLING CHILDREN

A Practical Introduction

Fourth Edition

Kathryn Geldard Adjunct Senior Lecturer at University of the Sunshine Coast, **David Geldard** Retired Counselling Psychologist and Trainer and **Rebecca Yin Foo** Educational and Developmental Psychologist



Rich in practical exercises, this is the definitive guide to the skills and techniques used when working with children experiencing emotional problems.

Now over 15 years old, this bestselling book has firmly established Kathryn Geldard and David Geldard's widely adopted integrative counselling for children model (SPICC). This fully revised and updated **Fourth Edition** includes all the trainee or new practitioner needs to know about:

- the goals for counselling children and the child-counsellor relationship
- practice frameworks for working effectively with children
- play therapy and the use of different media and activities
- building self-esteem and social skills through the use of worksheets.

The book also includes:

- a new chapter on ethical considerations
- a new chapter covering current research, helping you understand and demonstrate the evidence base for your practice
- lots more case studies to embed learning and help you explore the most appropriate techniques across different settings and at different stages of practice.

Widely used in the practical skills training of counsellors, psychologists, social workers, occupational therapists, nurses and teachers, this highly practical guide is vital reading for anyone working or training to work with children.

CONTENTS

PART ONE: COUNSELLING CHILDREN / Goals for Counselling Children / The Child-Counsellor Relationship / Ethical Considerations When Counselling Children / Attributes of a Counsellor for Children / PART TWO: PRACTICE FRAMEWORKS / Historical Background and Contemporary Ideas about Counselling Children / The Process of Child Therapy / The Child's Internal Processes of Therapeutic Change / Sequentially Planned Integrative Counselling for Children (the SPICC Model) / Counselling Children in the Context of Family Therapy / Counselling Children in Groups / PART THREE: CHILD COUNSELLING SKILLS / Observation / Active Listening / Helping the Child to Tell Their Story and Get in Touch with Strong Emotions / Dealing with Resistance and Transference / Dealing with Self-Concept and Self-Destructive Beliefs / Actively Facilitating Change / Termination of Counselling / Skills for Counselling Children in Groups / PART FOUR: PLAY THERAPY: USE OF MEDIA AND ACTIVITIES / The Play Therapy Room / The Evidence-Base for Play Therapy and Counselling Children / Selecting the Appropriate Media or Activity / The Use of Miniature Animals / Sand-Tray Work / Working with Clay / Drawing, Painting, Collage and Construction / The Imaginary Journey / Books and Stories / Puppets and Soft Toys / Imaginative Pretend Play / Games / PART FIVE: THE USE OF WORKSHEETS / Building Self-Esteem / Social Skills Training / Education in Protective Behaviours / PART SIX: IN CONCLUSION / Worksheets

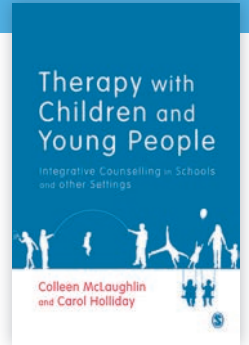


April 2013 • 344 pages
Cloth (978-1-4462-5653-4) • £75.00
Paper (978-1-4462-5654-1) • £26.99

THERAPY WITH CHILDREN AND YOUNG PEOPLE

Integrative Counselling in Schools and other Settings

Colleen McLaughlin University of Sussex and **Carol Holliday** University of Cambridge



As well as providing students with a solid grounding in developmental theory, the authors of this volume explore the contextual and professional issues of working in a school setting. A wide range of activities and exercises (including using the creative arts to engage with young people through play, story, metaphor and imagery) allow students to apply theory to practice in a new way. Challenging ethical dilemmas, such as sharing sensitive information and communicating with parents and teachers, are also explored with the support of lively case studies.



December 2013 • 248 pages
Cloth (978-1-4462-0831-1) • £65.00
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NEW!

SKILLS IN COUNSELLING AND PSYCHOTHERAPY WITH CHILDREN AND YOUNG PEOPLE

Lorraine Sherman *Coleg Sir Gâr*

As interest and training in counselling children and young people continues to grow, it is essential that counsellors are equipped with the skills to work with this client group.

In this book, Lorraine Sherman draws on her years of experience in the field to provide a practical resource for qualified and trainee counsellors, providing them with the necessary skills to ensure best practice with children and young people.

Distinguishing between working with young children and with adolescents, skills covered include:

- establishing a therapeutic relationship
- assessing a young client
- contracting
- counselling practice
- understanding and maintaining confidentiality and disclosure.

Using case studies and examples to help demonstrate skills in action, this is essential reading for anyone planning to become or already engaged in the helping professions with young people.

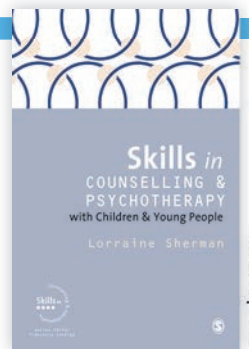
CONTENTS

Preparing for the Journey / Assessing a Young Client / Developing Counselling Skills / Extending Initial Counselling Training to Counsel Young Clients / Skills in Managing Professional Issues: Confidentiality, Disclosure, Agreements and Contracts / Ethical Practice with Children and Young People / Skilful Play for Counsellors / Using Supervision Skilfully

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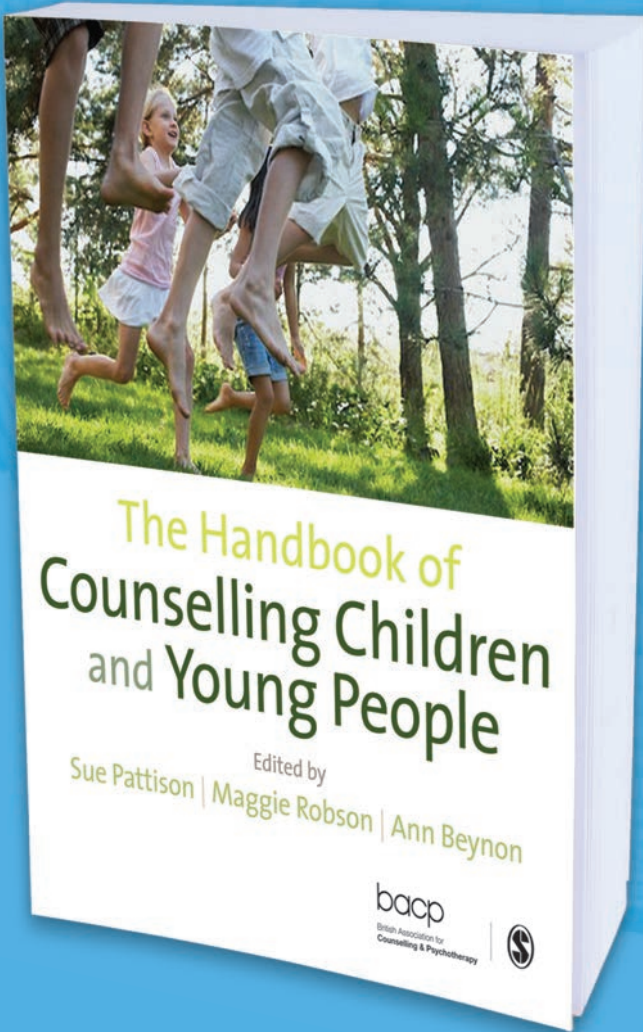


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NEW!

THE HANDBOOK OF COUNSELLING CHILDREN & YOUNG PEOPLE

Edited by **Maggie Robson** *University of Keele*, **Sue Pattison** *Newcastle University* and **Ann Beynon** *Communication Now*

This landmark handbook brings together the fundamentals of counselling children and young people theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive, accessible and jargon-free. Divided into four parts, it covers:

- theory and practice approaches, including chapters on child development, person-centred, psychodynamic, CBT, gestalt approaches, and more
- counselling process, including chapters on the therapeutic relationship, skills, groupwork, supervision
- practice issues, including chapters on law and policy, ethics, diversity, challenging behaviour
- practice settings, including chapters on health and social care settings, school and education, multi-agency and collaboration.

Each chapter includes a chapter introduction and summary, reflective questions and activities, helping trainees to cement their learning. With chapters contributed by leading experts and academics in the field, this book is essential reading for trainees and practitioners working with children and young people.

CONTENTS

PART ONE: Theory and Practice Approaches / Child Development and Attachment / Child and Young Person Centred / Psychodynamic Approaches / Cognitive-Behavioural Therapy / Gestalt / Becoming an Integrative Practitioner / Play Therapy / PART TWO: Counselling Practices and Processes / Referrals and Indications for Therapy / Preparations for Therapy: Beginnings / Therapeutic alliance and Counselling Process / Therapeutic Skills / Supervision / Groupwork / Endings / Evaluating counselling / PART THREE: Practice Issues / Law and Policy / Ethics / Diversity / Bereavement / Depression / Self-Harm and Suicide / Sexual, Emotional and Physical Abuse / Eating Disorders / PART FOUR: Practice Settings / Health and Social Care Services / Third and Non-Statutory Sectors / School and Education Settings / Extending Practice: New Horizons



November 2014 • 488 pages
Cloth (978-1-4462-5298-7) • £85.00
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60 SECONDS WITH SUE PATTISON

What do you think makes your book unique?

This is the only comprehensive Handbook for counsellors, trainees and trainers working in the field of counselling children and young people that is linked to high quality online resources developed by BACP. The book is designed to provide essential reading for all counselling trainees and a guide to curriculum for the trainers. Any counsellor working with children and young people, or aspiring to work with this client group, will be able to refer to the Handbook and use it to contribute to their CPD.

What do you think are most important issues in counselling and psychotherapy / CYP at the moment?

The main challenges are around improving the quality and provision of support for the mental health of children and young people. Statistics show that the suicide rate is rising and children and young people's levels of wellbeing are falling. The quality of counsellor training and the evidence base required to ensure effective provision are both issues addressed in this book. Each chapter provides references to research and the evidence base, further supplemented through links to the BACP/NHS MindEd e-learning resources.

What do you think is the best thing about your book?

By far, the unique contributions each author has made. Each author is an expert in their field and has their own approach to the chapter topics, which makes for overlap in places, but with a different perspective in each case. The book invites the reader in, holds their attention and entices them to read further with flavours of approaches to counselling children and young people perhaps new to them and insights into topics that stimulate and leave the reader wanting more.

What advice would you give to a counsellor who wants to work with children and young people?

This is great! Read the Handbook, then find a good training course offering a specialised qualification in counselling children and young people. And go for it! The work is hard but immensely satisfying and the training will challenge you. However, there is a lack of good, specialist trained counsellors working with children and young people, therefore your efforts will pay off.



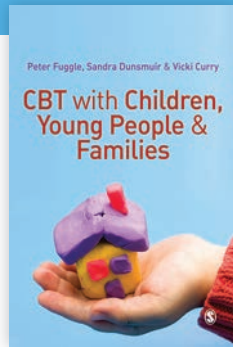
Sue

CBT WITH CHILDREN, YOUNG PEOPLE AND FAMILIES

Peter Fuggle, Sandra Dunsmuir and Vicki Curry all at *University College, London*

This comprehensive introduction for CBT and IAPT trainees and new practitioners demonstrates how and why CBT can work effectively for children and young people in real-world settings.

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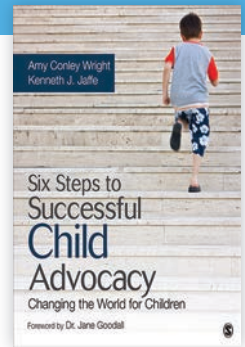
SIX STEPS TO SUCCESSFUL CHILD ADVOCACY

Changing the World for Children

Amy Conley Wright *San Francisco State University* and **Kenneth J Jaffe** *International Child Resource Institute*

Offering an interdisciplinary approach to child advocacy, this book nurtures key skills through a proven six-step process that has been used to train child advocates and create social change around the world. Words of wisdom from noted child advocates from the United States and around the world, including a foreword from Jane Goodall, illustrate key concepts to guide readers through the process of developing a plan and tools for a real-life child advocacy campaign.

January 2014 • 224 pages
Paper (978-1-4522-6094-5) • £26.99

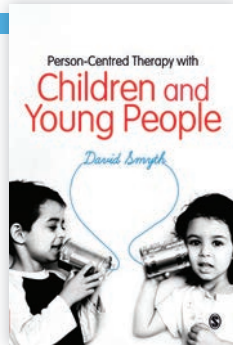


PERSON-CENTRED THERAPY WITH CHILDREN AND YOUNG PEOPLE

David Smyth *Private Practice*

This engaging book presents a new 'child-centred' model of therapy that is thoroughly person-centred in its values. Establishing the roots of child-centred therapy in both child development theories and the Rogerian model, David Smyth demonstrates that counselling the person-centred way is exceptionally relevant to young people.

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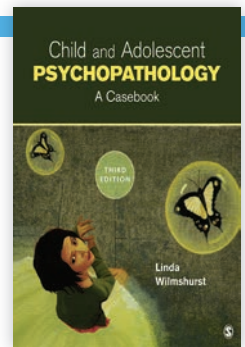
A Casebook

Third Edition

Linda Wilmshurst *Elon University*

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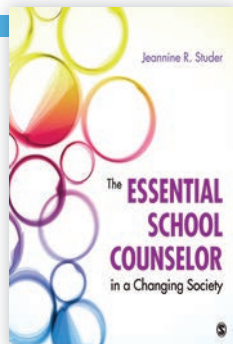
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THE ESSENTIAL SCHOOL COUNSELOR IN A CHANGING SOCIETY

Jeannine R Studer *University of Tennessee, Knoxville*

Beginning with an overview of the historical development of the field of school counselling, this book then covers all topics, from ethics and ethical decision making to crisis response, career counselling and advisement, group counselling, advocacy, collaboration, to assessment and research.

IC **e** **companion website** April 2014 • 472 pages
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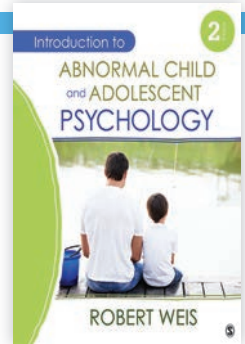
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Second Edition

Robert Weis *Denison University*

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IC **companion website** December 2013 • 760 pages
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CHILD MALTREATMENT

An Introduction

Third Edition

Cindy L Miller-Perrin and Robin D Perrin both at *Pepperdine University*

By helping students understand more fully the etiology, prevalence, treatment, policy issues and prevention of child maltreatment, the authors hope to further an understanding of how to treat child maltreatment victims and how to prevent future child maltreatment.

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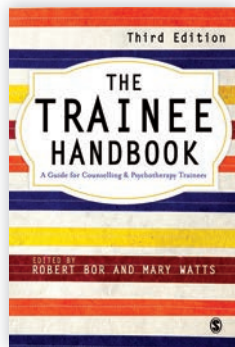
THE TRAINEE HANDBOOK

A Guide for Counselling & Psychotherapy Trainees

Third Edition

Edited by **Robert Bor** *Royal Free Hospital* and **Mary Watts** *City University*

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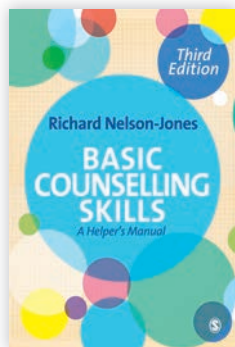
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A Helper's Manual

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Packed full of exercises and activities, this is a practical introduction to counselling skills for those working, or training to work, in the helping professions, from bestselling author, Richard Nelson-Jones.



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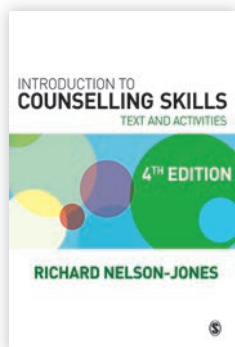
Text and Activities

Fourth Edition

Richard Nelson-Jones *British Psychological Society and British Association for Counselling and Psychotherapy*

With every edition this book gets better and better. Always a useful adjunct to introductory courses on counselling skills, this book continues to provide trainers and trainees alike with ways to develop the practical skills that are crucial to anyone working in this field

- **Jill Mytton**, *Department of Psychology, London Metropolitan University*



IC **e** 2012 • 344 pages
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INTEGRATIVE COUNSELLING SKILLS IN ACTION

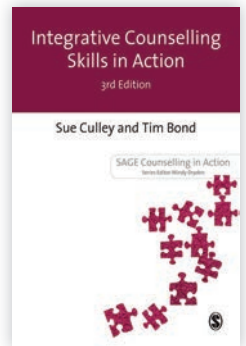
Third Edition

Sue Culley *Retired Consultant and Trainer* and **Tim Bond** *University of Bristol*

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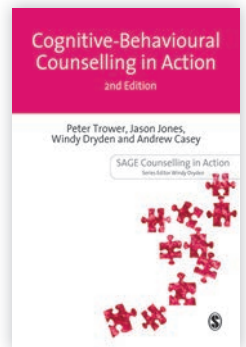
Second Edition

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This key textbook in the *SAGE Counselling in Action* series takes the practitioner step by step through the actual process of CBT, from initial contact with a client to the termination of counselling. This fully updated, new edition provides an overview of the cognitive behavioural approach to common emotional problems, with new material on complex cases and on the therapeutic alliance.

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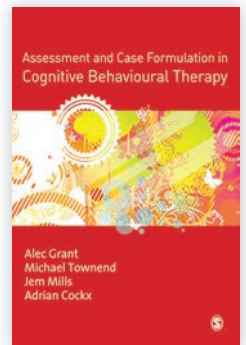
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Alec Grant *University of Brighton*, **Michael Townend** *University of Derby*, **Jem Mills** *Aurora CBT Ltd* and **Adrian Cockx** *Community Psychiatric Nurse*

Like a powerful river with many tributaries, this book somehow manages to weave influences from all kinds of diverse sources into an exciting, coherent whole. It is everything you'd want of a new cognitive behavioural therapy book for students and practitioners - fresh, practical, accessible

- **James Bennett-Levy**, *Oxford Cognitive Therapy Centre*

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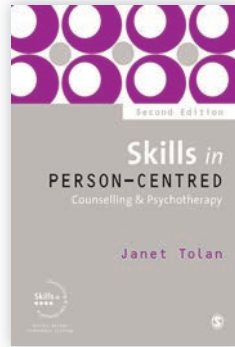
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Janet Tolan *Private Practice*

Absolutely essential text, easily accessible, talks directly to the student experience. Cannot recommend this enough

- Ian Townsend, Blackburn College



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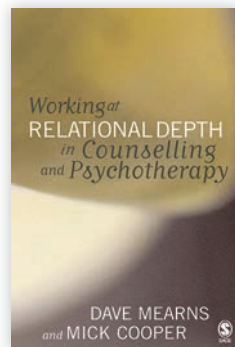
WORKING AT RELATIONAL DEPTH IN COUNSELLING AND PSYCHOTHERAPY

Dave Mearns *Formerly at University of Strathclyde* and Mick Cooper *University of Roehampton*

This is a groundbreaking text, which goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of relational depth, Dave Mearns and Mick Cooper describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence.



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Third Edition

Kathryn Geldard *Adjunct Professor, University of the Sunshine Coast* and David Geldard *Retired Counselling Psychologist and Trainer*

When our trainees are working with adolescents they refer to **Counselling Adolescents** by Geldard and Geldard, as their "Bible"! This is their essential guiding handbook. I think, for people encountering counselling work with adolescents in the early stages of their professional career, that this book is very useful, pragmatic and a very accessible resource

- Barbara Hannigan, Trinity College, University of Dublin



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Providing trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field, this book sets out, in a jargon-free way, the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes.



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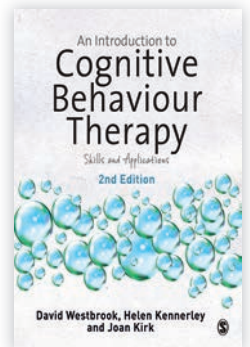
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Second Edition

David Westbrook, Helen Kennerley *Oxford Cognitive Therapy Centre* and Joan Kirk *Oxford Cognitive Therapy Centre*

This is a must for anyone in the field of CBT. Really easy to read, lots of practical guidance and also has a website to link to, with video demonstrations. I refer to this book frequently and would certainly rate it as a key text. Good value for money

- Amazon reviewer



This edition now includes consideration of recent developments such as IAPT and the 'Third Wave' of CBT and a new section on cultural differences.



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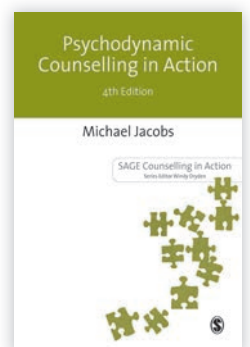
Michael Jacobs *Visiting Fellow, University of Bournemouth*

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FAMILY VIOLENCE IN THE UNITED STATES

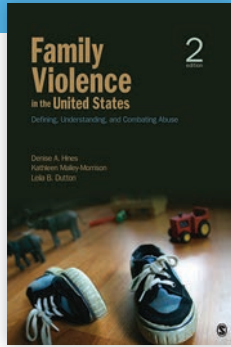
Defining, Understanding, and Combating Abuse

Second Edition

Denise A Hines *Clark University*, Kathleen Malley-Morrison *Boston University* and Leila B Dutton *University of New Haven*

Rich in scholarly references and case materials, this is a thought-provoking book that encourages students to question assumptions, evaluate information, formulate hypotheses and design solutions to problems of family violence in the United States.

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NEW!

DOING MENTAL HEALTH RESEARCH WITH CHILDREN AND ADOLESCENTS

A Guide to Qualitative Methods

Michelle O'Reilly and Nikki Parker
both at *University of Leicester*

Researching child and adolescent mental health can be a daunting task, but with the right practical skills and knowledge your students can transform the way they work with children and young people, giving them a 'voice' through their research in the wider community.

Michelle O'Reilly and Nikki Parker combine their clinical, academic and research expertise to take your students step-by-step through each stage of the research process. From first inception to data collection and dissemination, they'll guide them through the key issues faced when undertaking their research, highlighting the dilemmas, challenges and debates, and exploring the important questions asked when doing research with this population.

Providing practical advice and strategies for dealing with the reality of conducting research in practice, this book will:

- provide your students with an overview of the theories that underpin methodological choice and the value of using qualitative research
- guide them through the planning stage of your project, clearly outlining important ethical and legal issues
- take them through the most popular qualitative data collection techniques and support them with their analysis
- help them write up their findings and demonstrate how research evidence translates into effective clinical practice.

Supported by helpful hints and tips, case examples and definitions of keys terms, this highly practical and accessible guide throws a lifebelt to any students or mental health practitioner learning about the research process for the first time.

CONTENTS

Theory and Background / Theory and Utility of Qualitative Research / The Need for Qualitative Evidence / Clinical and Research Roles / Getting Started / Planning a Child-Focused Project / Recruitment and Communication / The Research Setting / Data Collection / Questionnaires, Observations and Ethnography / Interviews and Focus Groups / Naturally Occurring Data / Internet Methods / Recording and Transcription / Analysis and Writing up / Data Analysis / Reflective Practice to Reflexive Research / Dissemination

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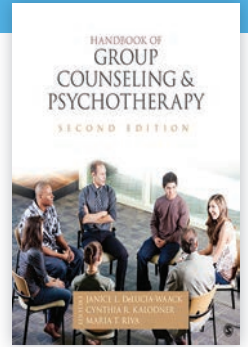
HANDBOOK OF GROUP COUNSELING AND PSYCHOTHERAPY

Second Edition

Edited by Janice L DeLucia-Waack *University at Buffalo, State University of New York*, Cynthia R Kalodner *Towson University* and Maria Riva *University of Denver*

Examining current research on group counselling and psychotherapy, this is an essential resource for advanced students and researchers alike. Major topics in the field of groups are included, such as: history; best practices; settings; groups across the lifespan; special topics; multicultural groups; as well as critical issues and emerging themes in group counselling and psychotherapy.

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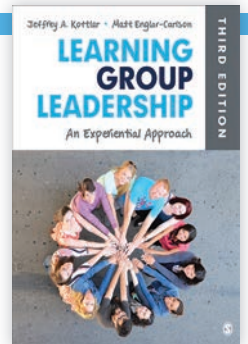
Third Edition

Jeffrey A Kottler and Matt Englar-Carlson
both at *California State University, Fullerton*

Focusing on how to conduct and lead groups in a variety of therapeutic settings, this book covers theory, process, leadership, techniques, ethics, special populations, and challenges as they relate to group work in a positive, realistic and knowledgeable way. The authors draw on over 25 years of experience and use 'student voices' in every chapter to bring concepts to life and include demonstration video content that contains scripted sessions which correspond with every chapter.



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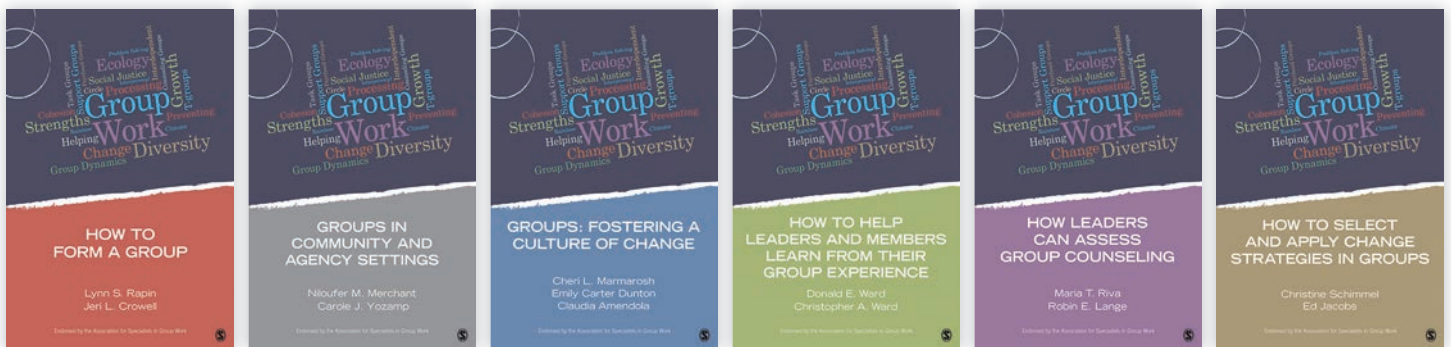
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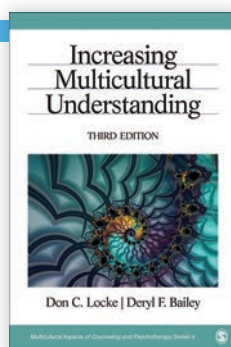
Third Edition

Don C Locke *University of North Carolina, Asheville* and Deryl F Bailey *University of Georgia*

Providing students with the tools to foster positive and productive relationships among culturally diverse populations, authors Don C Locke and Deryl F Bailey encourage readers to explore their own cultural background and identity, and in the process, begin to better understand others. Now both revised and expanded this **Third Edition** continues to present its classic framework for critical observation with 10 elements, including: the history of oppression; religious practices; family structure; degree of acculturation; poverty; language and the arts; racism and prejudice; sociopolitical factors; child-rearing practices; and values and attitudes.

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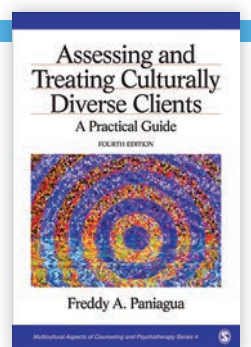
Fourth Edition

Freddy A Paniagua *University of Texas, Galveston*

Already a bestseller in previous editions, this practical guide provides students with the essential guidelines for dealing with issues that arise when treating culturally diverse clients.

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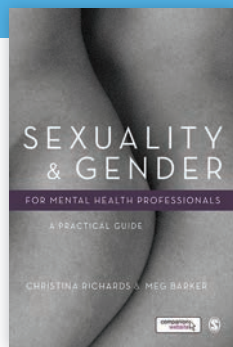
A Practical Guide

Christina Richards *West London Mental Health NHS Trust* and
Meg Barker *The Open University*

A practical guide that takes its readers through the various classifications of sexuality and gender and explains the common experiences and issues related to these classifications, this important text provides an understanding of the conceptualization of sexuality and gender and explains its inevitable relevance in every client and therapist situation.



October 2013 • 256 pages
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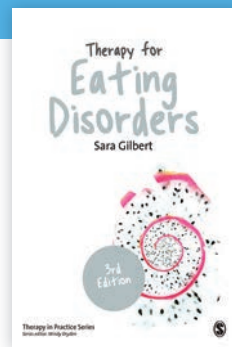
Theory, Research & Practice

Third Edition

Sara Gilbert *Luton and Bedfordshire Community NHS Trust*

Written from a cognitive-behavioural perspective, this updated edition provides an excellent overview of the diagnosis, prevalence and causes of eating disorders, as well as a handbook to the application of evidence-based interventions. An extremely valuable resource for those already working in the field, and an easy-to-access introduction for those mental-health practitioners new to working with sufferers of eating disorders. The appendices provide excellent resources for use in self-help management or as an adjunct to therapy for sufferers and their families. A 'must buy' for eating disorder services and individual practitioners!

- **Sally Savage**, *Clinical Lead for Northamptonshire NHS Eating Disorders Lifespan Service*



PRINCIPLES OF TRAUMA THERAPY

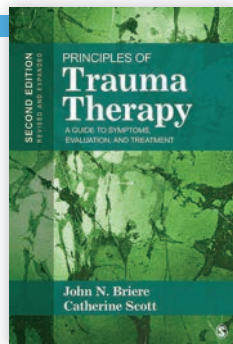
A Guide to Symptoms, Evaluation, and Treatment

Second Edition

John Briere and **Catherine Scott**
both at *University of Southern California, Los Angeles*

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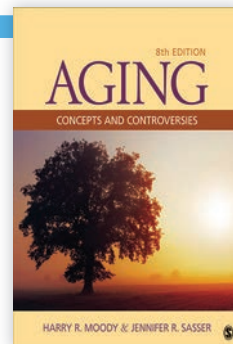
Eighth Edition

Harry R Moody *AARP, Washington, DC* and **Jennifer R Sasser**
Marylhurst University

In this new edition of this bestselling textbook for students of social gerontology and ageing throughout the social sciences, the authors provide a thorough explanation of the theory and issues, alongside a detailed and critical exploration of current research.



May 2014 • 600 pages
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NEW!

KEY CONCEPTS IN SUBSTANCE MISUSE

Aaron Pycroft *University of Portsmouth*

Drug use is a major challenge for public services, healthcare professionals and policy-makers all over the world. This book offers a complete overview of the issues associated with substance misuse from an interdisciplinary perspective. It begins by providing a reference guide to the different psychoactive substances, looking at the biological and psychological impact of their use. Key issues in the effect drugs have on society are then addressed, before outlining methods of recovery and therapy.

Chapters include:

- reflective questions to challenge readers' assumptions
- case studies to help students understand the impact of substances on individuals
- links to further resources to expand readers' knowledge.

It will be valuable reading for those studying on degrees in criminology, health, nursing, social work and counselling.

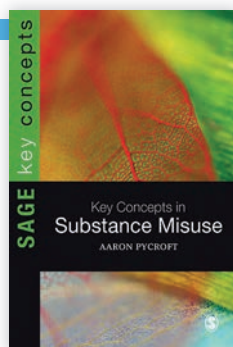
CONTENTS

PART ONE: CATEGORIES OF DRUGS AND MODELS OF ADDICTION / PART TWO: DRUGS, DEMOCRACY AND SOCIETY / PART THREE: INTERVENTIONS AND TREATMENT

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A Theoretical and Practical Approach

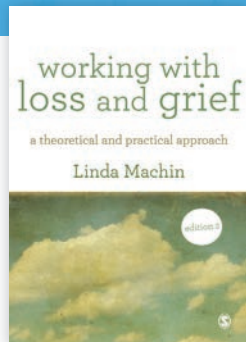
Second Edition

Linda Machin *University of Keele*

For people working in health and social care, this new edition provides models and tools for assessing grief, engaging therapeutically with it and measuring the grief changes taking place in clients and patients.



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DEATH AND DYING

A Reader

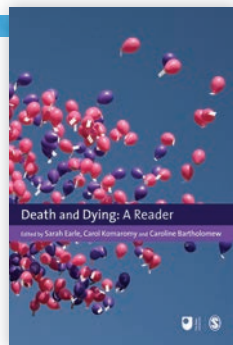
Edited by Sarah Earle, Carol Komaromy and Caroline Bartholomew all at *The Open University*

This book draws together a range of both classic and newly commissioned pieces on the multidisciplinary study of death and dying.

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MAKING SENSE OF DEATH, DYING AND BEREAVEMENT

An Anthology

Edited by Sarah Earle, Caroline Bartholomew and Carol Komaromy all at *The Open University*

Offering a unique collection of personal accounts of death, dying and bereavement, this anthology examines representations of death, dying and bereavement in fiction, poetry, the media and on the internet, as well as exploring visual representations of death and dying.

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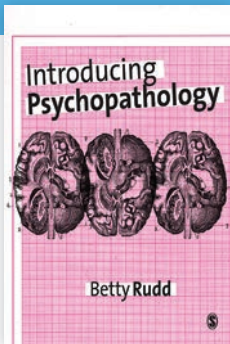
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INTRODUCING PSYCHOPATHOLOGY

Betty Rudd *Teacher and Chartered Counselling Psychologist, East Sussex*

Beautifully written and richly illustrated with vignettes, this book describes psychopathology in simple and accessible language. It contains helpful insights, useful resources and interesting questions. It is an indispensable survival guide for trainees and experienced therapists. I plan to recommend it to all my trainee therapists

- **Maria Luca, PhD, Reader in Psychotherapy and Counselling Psychology and Head of Reflections Research Centre, Regent's University, London**



IC **e** November 2013 • 208 pages
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NEW!

EMOTIONAL WELL-BEING AND MENTAL HEALTH

A Guide for Counsellors & Psychotherapists

Digby Tantam *New School of Psychotherapy and Counselling*

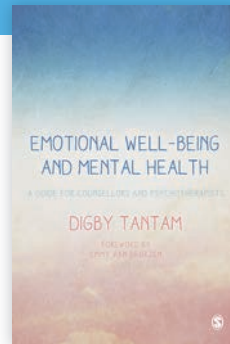
Well-being is an important topic for many different professions. From health professionals to politicians, a number of fields seek to research, understand and promote well-being. As a concept at the heart of psychotherapeutic practice, it is essential that trainee and practising therapists understand the distinctive contribution to our understanding of well-being that each of these professions have made.

In this unique text, author Digby Tantam explores the philosophical, political, economical, psychological, medical and spiritual perspectives on well-being through a psychotherapeutic lens, explaining current research data and summarizing findings. Theoretical approaches are balanced with an insight into their practical applications, showing therapists how each approach can inform their practice and make a real difference to the life satisfaction and health of their clients.

CONTENTS

Mapping the Territory: The Philosopher's Viewpoint / The Economist's Viewpoint: How Happy and Healthy Is Your Country? / The Psychologist's Viewpoint: How Happy Are You? / The Health Worker's Viewpoint / The Politician's Viewpoint / The Extrovert's Viewpoint / The Spiritual Viewpoint / The Psychotherapist's Viewpoint / No Viewpoint / Applied Wellbeing

e September 2014 • 240 pages
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NEW!

COUNSELLING FOR DEPRESSION

A Person-centred and Experiential Approach to Practice

Pete Sanders *Retired Person-Centred Therapist and Andy Hill* *British Association for Counselling and Psychotherapy*

This groundbreaking book takes a humanistic - person-centred and experiential - approach to counselling the most commonly presenting client issue: depression. For the first time, it establishes humanistic counselling as an evidence-based psychological intervention.

Chapters cover:

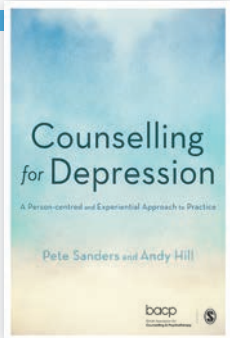
- evidence-based practice and person-centred and experiential therapies
- the Counselling for Depression (CfD) competence framework
- the CfD therapeutic stance
- working briefly
- in-depth case studies illustrating CfD in practice
- training, supervision and research.

The book is vital reading for those taking CfD training or a broader counselling and psychotherapy course, and for researchers and NHS workers wishing to enhance their practice.

CONTENTS

Evidence-Based Practice and Person-Centred and Experiential Therapies / Introducing the Counselling for Depression Competence Framework / Depression / Person-Centred and Experiential Therapies / Conceptualizing Depression from a Person-Centred and Experiential Therapies Perspective / Working Briefly / The Counselling for Depression Therapeutic Stance / Counselling for Depression in Practice / Training, Supervision and Research: Developing Counselling for Depression

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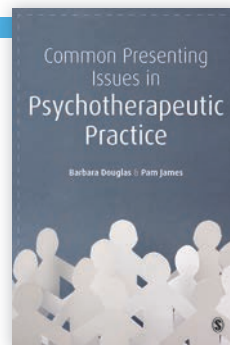
COMMON PRESENTING ISSUES IN PSYCHOTHERAPEUTIC PRACTICE

Barbara Douglas and Pam James *both Counselling Psychologists*

This is an excellent and timely evaluation of some of the most common presenting problems faced by the contemporary psychological therapist. What makes this book so unique is constant linking between theory and practice, allowing the reader true insight into the thinking behind the conceptualization of distress as well as how to work with it effectively in the consulting room. The book will appeal to students, practitioners and academics alike

- **Professor Ewan Gillon, Programme Director D.Psych in Counselling Psychology, Glasgow Caledonian University**

IC **e** December 2013 • 200 pages
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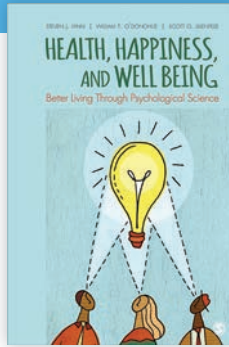
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HEALTH, HAPPINESS, AND WELL BEING

Better Living Through Psychological Science

Edited by **Steven J Lynn** *State University of New York, Binghamton*, **William T O'Donohue** *University of Nevada, Reno* and **Scott O Lilienfeld** *Emory University*

Based on research findings from expert psychologists, this text encourages students to become knowledgeable consumers of information related to their physical health and optimum psychological functioning.



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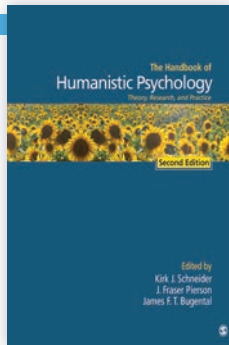
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Theory, Research, and Practice

Second Edition

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The **Handbook of Humanistic Psychology, Second Edition** represents the latest scholarship in the field of humanistic psychology and psychotherapy. Set against trends toward psychological standardization and medicalization, the **Handbook** provides a rich tapestry of reflection by the leading person-centered scholars of our time.

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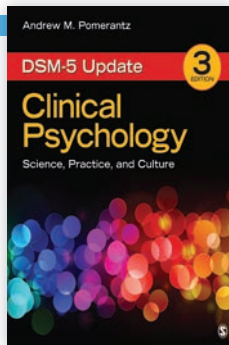
CLINICAL PSYCHOLOGY

Science, Practice, and Culture

Third Edition: DSM-5 Update

Andrew M Pomerantz
Southern Illinois University, Edwardsville

This contemporary text distinguishes itself by presenting key clinical psychology topics in a balanced manner, emphasizing multicultural issues throughout, objectively covering numerous clinical approaches in depth, and creatively using metaphors and applied clinical examples. It examines all subfields of clinical psychology - including the history and current state of the field, clinical assessment, psychotherapy, ethical and professional issues, and specialized topics.



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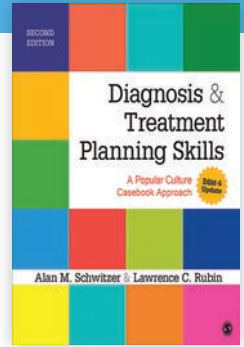
A Popular Culture Casebook Approach

Second Edition With DSM-5 Updates

Alan M Schwitzer *Old Dominion University, Norfolk* and **Lawrence C Rubín** *St Thomas University*

This text helps students develop critical skills in diagnosis, case conceptualization and treatment planning by presenting a series of diagnostic cases based on characters from popular culture. Using a unique and engaging approach this allows students to practice skill development before they actually start working on real client scenarios.

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CAREER THEORY AND PRACTICE

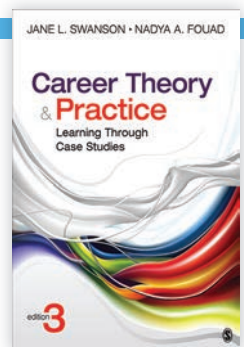
Learning Through Case Studies

Third Edition

Jane L Swanson *Southern Illinois University, Carbondale* and **Nadya A Fouad** *University of Wisconsin, Milwaukee*

A user-friendly guide written for students at graduate level careers, it links five major career development and choice theories to a particular person, Leslie. This case study approach is used throughout the book and provides an integrative thread that illustrates how similar the various theories are, and yet how they differ in important and useful ways.

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Paper (978-1-4522-5669-6) • £48.99



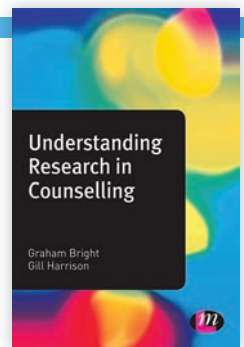
UNDERSTANDING RESEARCH IN COUNSELLING

Edited by **Graham Bright** and **Gill Harrison**

Many counselling courses have a strong research element built into the modules and students are expected to gain a thorough understanding of research issues early on in their studies. This accessible and practical textbook will demystify research and make it relevant to counselling practice. With sections on linking clinical practice to research, developing 'curiosity' and engaging with the data, this book uses clinical practice as a basis for understanding research, and makes connections between the activity of therapy and the research process.

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES

October 2013 • 192 pages
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NEW!

THE COUNSELLING AND PSYCHOTHERAPY RESEARCH HANDBOOK

Edited by **Andreas Vossler** *The Open University* and **Naomi Moller** *University of the West of England*

I think this is a most impressive text. The language employed is plain, accessible and inclusive and the editors have skilfully produced a coherent narrative without losing the distinctive voices of individual contributors. This will without doubt become required reading for anyone – novice or seasoned practitioner – who seeks a wise companion on their own research journey

- **Professor Simon du Plock**, *Head of Post-Qualification Doctorates Department, Metanoia*

Research is a vital and often daunting component of many counselling and psychotherapy courses. As well as completing their own research projects, trainees across modalities must understand the research in the field – what it tells them and how to do it.

Breaking down this seemingly mountainous task into easy to swallow pieces, this book will navigate your students through each stage of the research process, from choosing a research question, through the pros and cons of different methods, to data analysis and writing up their findings.

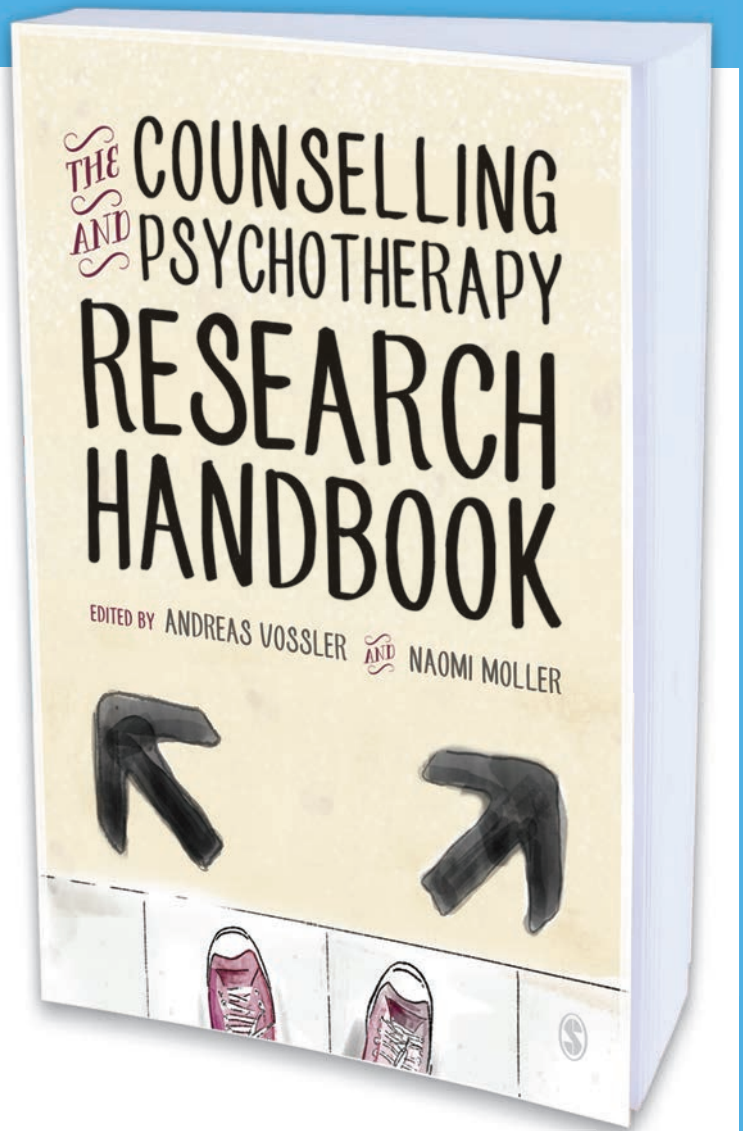
Written by leading contributors from the field including John McLeod, Mick Cooper and Tim Bond, each chapter features points for reflection, engaging activities and suggestions for further reading, helping students to engage with all aspects of research. An original graphic narrative runs throughout the book, bringing this complex topic to life in a unique way.

Whether embarking on research for the first time or already a little familiar with research and research methods, this unique guide is something counselling and psychotherapy students will turn to continually throughout their research projects.

CONTENTS

Setting the Scene: Why Research Matters / Attitudes to and Perceptions of Research / Beginning the Research Journey / Choosing a Research Question / How to Read and Understand Research / Doing a Literature Review / Introduction to Research Methodology / Planning Your Research: Design, Method and Sample / Ethical Considerations / Writing a Research Proposal / Methodologies and Methods for Doing Research / Quantitative Methods / How to Use t-Tests to Explore Pre-Post Change / Qualitative Methods / How to Use Thematic Analysis with Interview Data / Case Studies Methodologies / How to Use Case Study Methodology with Single Client Therapy Data / Completing the Research Journey / Dissemination of Research / Student Top Tips / Next Steps: Building on and Using Research in Training and Practice

October 2014 • 312 pages
Cloth (978-1-4462-5526-1) • £75.00
Paper (978-1-4462-5527-8) • £26.99



Andreas →

60 SECONDS WITH THE AUTHORS

Andreas Vossler is Director of the Foundation Degree in Counselling and Lecturer in Psychology at The Open University. A Chartered Psychologist and systemic trained couple and family psychotherapist, he has widely published in the areas of educational and family counselling and psychotherapy research. Andreas is member of the BACP Research Committee and committed to the value of research as a means of enhancing practice.

Naomi Moller is Associate Head of Department with responsibility for Psychology in the Department of Social Science at the University of the West of England, Bristol. A Chartered Psychologist and counselling psychologist by training, Naomi is also a trainer on UWE's counselling psychology and counselling programmes. Naomi has a history of research publication and is on the editorial board of several counselling journals.



Naomi →



Why did you write this book?

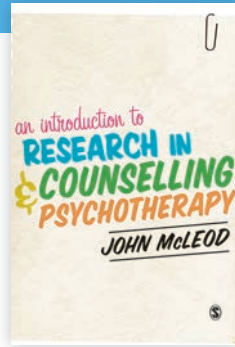
Increasingly funding for counselling services is tied to research evidence that such services are effective. In response, the bodies that accredit counsellors and psychotherapists, as well as training programmes, are placing more and more stress on research. But counselling trainees (and sometimes counselling trainers) are often anxious and hesitant about research. So our aim in this book was to make a compelling case for the value of research while providing readers with a cornucopia of reassuring skills and resources. Research is often thought of as dull, so our aim was also to show that research can be fascinating and fun!

Why is this book unique?

We believe this book is unique in the field because we not only support novice researchers along all the steps of their research journey but we also provide an overview of key approaches to research in the field as well as three highly practical how-to chapters for key methods. In addition, our authors are significant figures in the field and they provide rigorous and authoritative academic content in a very engaging and friendly manner – complete with pauses for reflection and reader activities.

AN INTRODUCTION TO RESEARCH IN COUNSELLING AND PSYCHOTHERAPY

John McLeod
University of Abertay, Dundee



McLeod has produced an excellent introduction to research in counselling and psychotherapy. The book is engaging and accessible and contains sufficient depth to give students a firm grounding in research in counselling. In my view, this is probably the best introductory text to counselling research that is currently available

- Mark Widdowson, Department of Psychology, Queen Margaret University College, Edinburgh

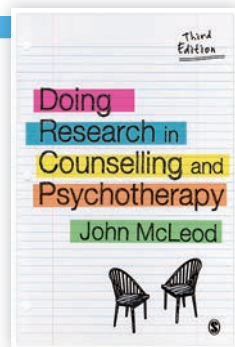
IC **e** March 2013 • 272 pages
Cloth (978-1-4462-0140-4) • £70.00
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NEW EDITION!

DOING RESEARCH IN COUNSELLING AND PSYCHOTHERAPY

Third Edition

John McLeod
University of Abertay, Dundee



sample cover

From leading researcher and bestselling author, John McLeod, this fully revised and updated edition of **Doing Counselling Research** remains the most accessible, 'how-to' guide to undertaking a successful research project. As an introduction to the basic principles of research theory and practice, this new edition includes:

- new content on IPA, discourse analysis and narrative research
- new chapters on doing case study research and outcome studies
- a guide to doing research into the client's experience
- new information on doing research into counselling skills, embedded counselling and counsellor training
- updated details on the requirements of ethics committees
- a guide to publishing and disseminating your research findings
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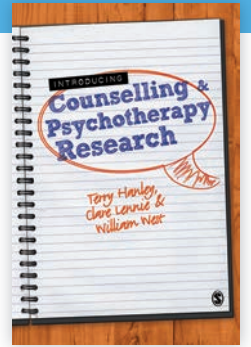
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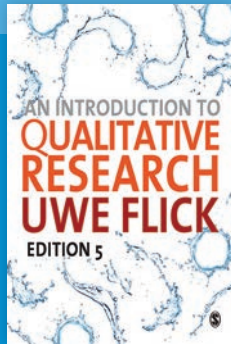
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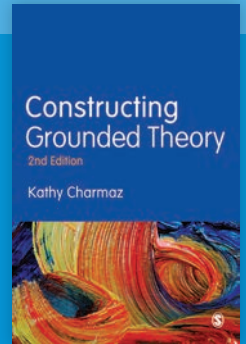
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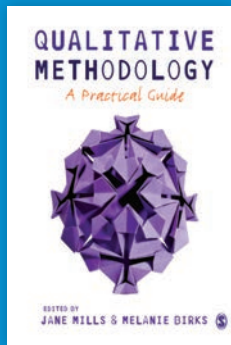
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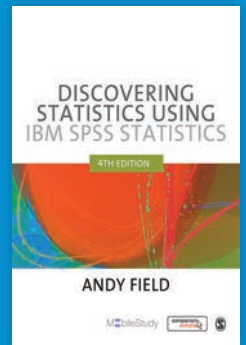
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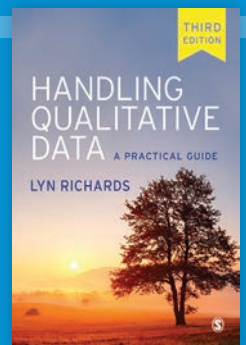
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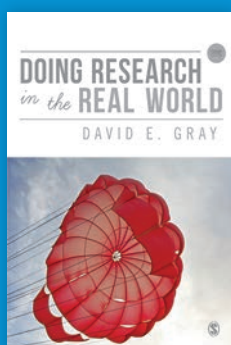
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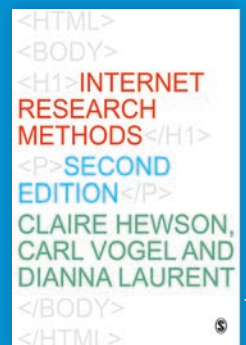


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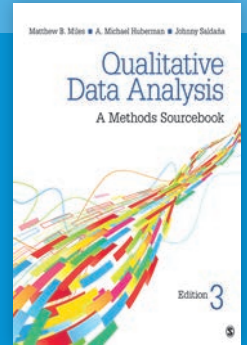
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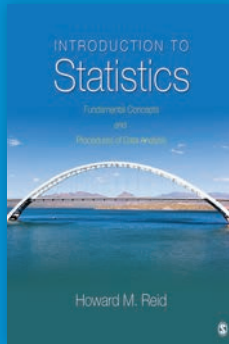
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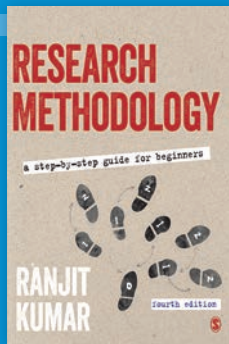
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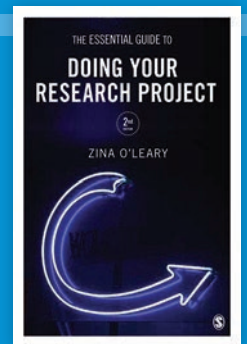
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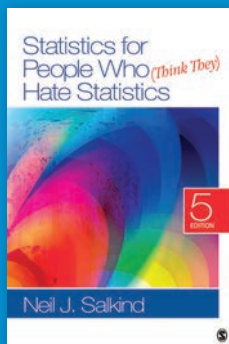
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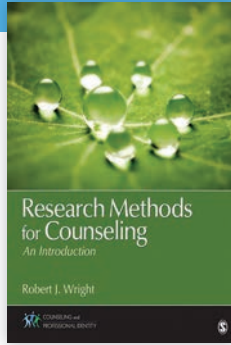
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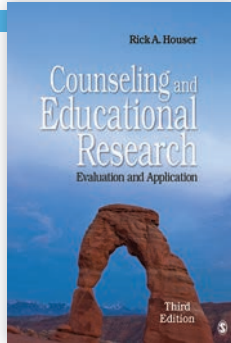
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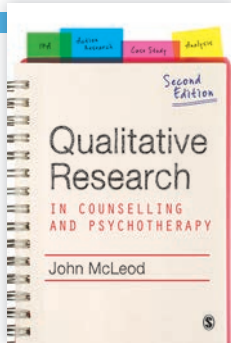
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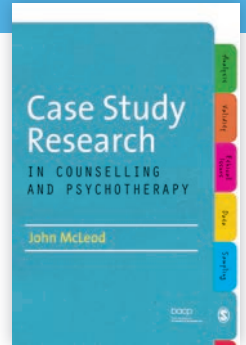
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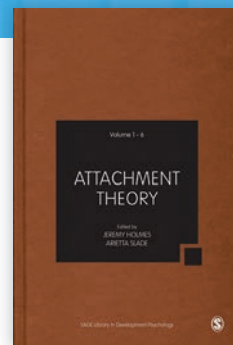
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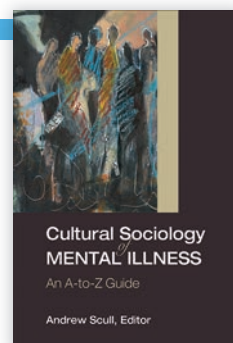
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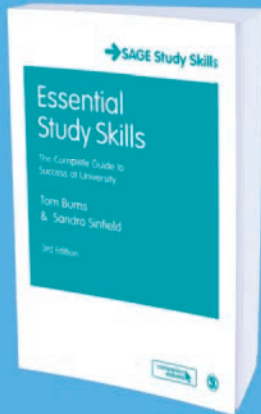
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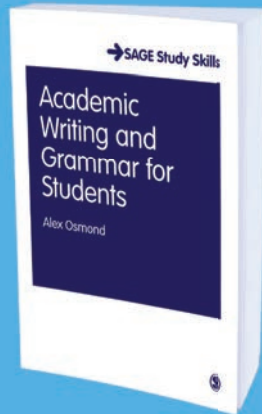
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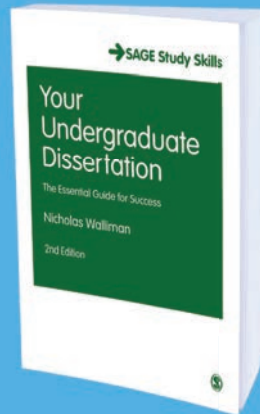
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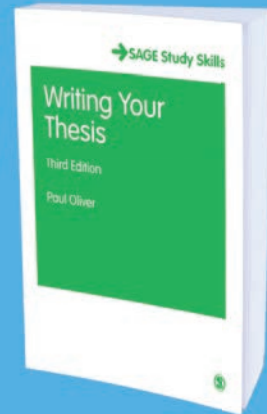
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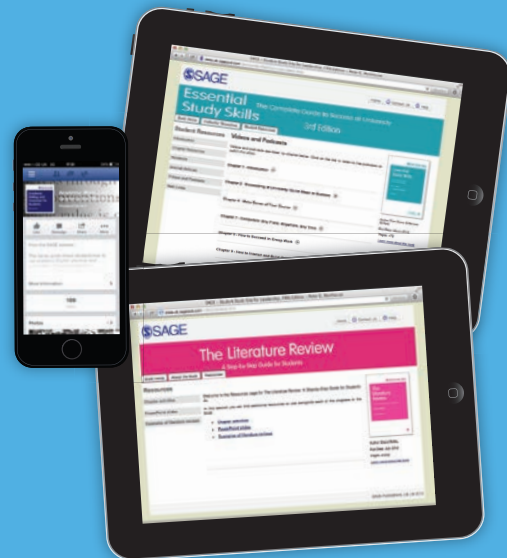


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