Supporting teaching and learning

We've been actively seeking feedback from both lecturers and students so we can provide you with the best possible resources in any format. The right learning and teaching tools help students feel more confident and save you valuable teaching time. That’s why you’ll find additional online resources for an increasing number of our books, such as videos and case examples to help tie theory to practice as well as further readings and journal articles for students to expand their knowledge. For ease of use all our books are available as eBooks.

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We hope you enjoy what we have coming out in 2018!

The Counselling and Psychotherapy team

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AN INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY
From Theory to Practice
Second Edition
Andrew Reeves University of Liverpool Counselling Service

“Written with clarity and authority, his updated Introduction offers both practical and theoretical insights across the broad and complex territories of the current counselling and psychotherapy world.”

- Jonathan Wyatt, Senior Lecturer in Counselling and Psychotherapy, University of Edinburgh

With discussion questions, prompts for reflection and case examples it will help them to:
• get to grips with a wide range of client and professional issues, and settings
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• deepen their knowledge and reinforce their learning of key topics
• prepare for practice using real-life examples

Plus over 50 FREE videos, case examples and journal articles to further their learning at: https://study.sagepub.com/reeves2e.

CONTENTS
Part 1: Setting the Context / What Are the Counselling Professions? / Becoming a Counsellor or Psychotherapist: Personal and Professional Development
Part 2: Counselling and Psychotherapy Approaches / Psychodynamic Counselling and Psychotherapy / Cognitive-behavioural Counselling and Psychotherapy / Humanistic Counselling and Psychotherapy / Integrative and Pluralistic Counselling and Psychotherapy / Other Key Counselling and Psychotherapy Approaches
Part 3: Counselling Practice and Skills / The Therapeutic Relationship / Therapist Competencies and Counselling Skills / Clients and Presenting Issues / Working with Diversity and Difference
Part 4: Professional Issues / Professional Settings and Organisations / Law, Policy, Values and Ethics / Managing Professional Responsibilities / Developing Your Practice: Supervision, Research, Career Development

May 2018 • 504 pages
Cloth (9781526423849) • £90.00
Paper (9781526423856) • £31.99

“Jammed with useful and easy to read information, this is a great book for trainee counsellors who are looking to expand their theoretical knowledge through practical and fun means.”

- Lauren Walker, Counselling and Psychotherapy Student

“I think this new edition would be a vital piece of equipment for all current and future trainees of the counselling profession. I will be using this new edition especially for the video materials.”

- Frances Head, Counselling and Psychotherapy Student

This book comes with online resources including:
* in-action and tutorial videos
* case examples within a range of contexts
* web links including journal articles and further reading

Visit study.sagepub.com/reeves2e
Set realistic expectations
Be clear about what you want for yourself from counsellor training and set goals that are realistic and achievable. Remember, training is a long journey not a sprint.

Include family and friends
There is no doubt that counsellor training can be life-changing. While you can’t tell your family and friends everything, make sure they are part of your development, not separate from it.

Plan your time
Counsellor training is not just about turning up at lectures; you will probably have some personal therapy, a training placement, supervision, residential workshops. Look at your time planning carefully.

Look after yourself
Becoming a counsellor can be a wonderful experience, and can also make personal and emotional demands along the way. Make sure you build in good self-care strategies, so you look after your physical and mental health.

Have a good time
Without doubt, becoming a counsellor was one of the best things I ever did. Relish it all, enjoy your learning, challenge, question, reflect and, most importantly, enjoy yourself!
THE SAGE HANDBOOK OF COUNSELLING AND PSYCHOTHERAPY
Fourth Edition
Edited by Colin Feltham Emeritus Professor of Counselling and Psychotherapy, Sheffield Hallam University, Terry Hanley and Laura Anne Winter both at University of Manchester

At over 600 pages and with more than 100 contributions, this fourth edition brings together the essentials of counselling and psychotherapy theory, research, skills and practice. Including new content on assessment, theory, applications and settings, and with new chapter overviews and summaries, this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners.

CONTENTS

September 2017 • 668 pages
Cloth (9781473953307) • £120.00
Paper (9781473953314) • £42.99

THE HANDBOOK OF COUNSELLING PSYCHOLOGY
Fourth Edition
Edited by Barbara Douglas Private Practice, Ray Woolfe Private Practice, Sheelagh Strawbridge Independent Practice, Elaine Kasket and Victoria Galbraith

Completely updated to reflect current issues and debates, this fourth edition remains the most comprehensive guide to the field of counselling psychology. It explores a range of theories and philosophical underpinnings, practice approaches and contexts, and professional issues, and is now supported by a companion website with hours of video and audio.

2016 • 696 pages
Cloth (9781446276310) • £95.00
Paper (9781446276327) • £38.99

THE TRAINEE HANDBOOK
A Guide for Counselling and Psychotherapy Trainees
Fourth Edition
Edited by Robert Bor Royal Free Hospital and Mary Watts City University

"For many years Bor and Watt’s Handbook serves as the best entry point to counselling, counseling psychology, and psychotherapy training for students embarking on the journey. This new edition again thoroughly covers relevant topics and issues, is well-updated and offers plenty of practical and valuable tips to students."

- Dr. Ladislav Timulak, Course Director, Doctorate in Counselling Psychology, Trinity College Dublin

2016 • 504 pages
Cloth (9781412961837) • £90.00
Paper (9781412961844) • £31.99

THE BEGINNER’S GUIDE TO COUNSELLING AND PSYCHOTHERAPY
Second Edition
Edited by Stephen Palmer Centre for Stress Management, London

Written by leading authors in the field this ideal introductory text assumes no prior knowledge and provides overviews of 26 counselling and psychotherapy approaches in accessible, jargon-free terms.

2015 • 480 pages
Cloth (9780857022349) • £83.00
Paper (9780857022356) • £26.99

COUNSELLING SKILLS AND STUDIES
Second Edition
Fiona Ballantine Dykes, Traci Postings, Barry Kopp and Anthony Crouch all at CPCAB

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.

April 2017 • 336 pages
Cloth (9781473980983) • £65.00
Paper (9781473980990) • £22.99

Remember that books with the IC icon are available as inspection copies for lecturers. To request yours, visit sagepub.co.uk/inspectioncopy
THE COMPLETE HANDBOOK OF COACHING

Third Edition

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

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

It covers:
- 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

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.

CONTENTS


NEW EDITION!

TOP TIPS FROM THE EDITORS

5 ways to develop your own coaching model:

1. Being aware of your own coaching model is important because it enables you to have a rationale for how you practice which leads to better practice.
2. To get started, answer the following three questions:
   • What do you want to achieve in your coaching?
   • Why do you want to achieve this?
   • How do you currently coach in order to achieve this aim?
3. Ask yourself if all the answers above are congruent.
4. Use a critical friend or coach-supervisor to explore your model further.
5. Be flexible - experiment and revise your model as your experience as a coach grows.

5 themes in coaching training to look out for:

1. Cultural factors and diversity.
2. Ethics and the role of the coach in raising ethical awareness and helping clients solve complex ethical dilemma.
3. Coach maturity: how coaches transition between one level of mastery and the next.
4. Being an effective supervisee.
5. How to work effectively as part of a coach-artificial intelligence partnership.
AN INTRODUCTION TO COACHING SKILLS
A Practical Guide
Second Edition
Christian van Nieuwerburgh
ICCE Ltd. (International Centre for Coaching in Education)

With evidence-based research, activities and suggestions for further reading, this is a clear and practical, all-you-need guide to becoming a coach.

March 2017 • 232 pages
Cloth (9781473975804) • £70.00
Paper (9781473975811) • £23.99

VALUES AND ETHICS IN COACHING
Ioanna Iordanou Oxford Brookes University, Rachel Hawley University of Lincoln and Christiana Iordanou University of Lancaster

The first complete guide to values and ethics in coaching, this book will guide your students through the responsibilities of coaching practice, and help readers recognize and reconcile common ethical dilemmas and choices.

2016 • 224 pages
Cloth (9781473919556) • £70.00
Paper (9781473919563) • £23.99

COUNSELLING YOUNG PEOPLE
A Practitioner Manual
Rebecca Kirkbride Private Practice

This groundbreaking book takes a humanistic approach to counselling young people, establishing humanistic counselling as an evidence-based psychological intervention. Grounded in the BACP’s competencies for working with young people, this text is vital reading for those taking a counselling young people course or broader counselling and psychotherapy course, for qualified counsellors working with this client group, and for trainers.

CONTENTS

October 2017 • 256 pages
Cloth (9781473992115) • £75.00
Paper (9781473992122) • £24.99

THE SAGE HANDBOOK OF COACHING
Edited by Tatiana Bachkirova Oxford Brookes University, Gordon Spence Sydney Business School and David Drake Centre for Narrative Coaching and Leadership

Provides the perfect reference point for graduate students, scholars and researchers wishing to familiarize themselves with current research and debate in the academic literature on coaching.

2016 • 794 pages
Cloth (9781473916531) • £125.00

THE SAGE HANDBOOK OF MENTORING
Edited by David A. Clutterbuck Clutterbuck Associates, Frances Kochan Auburn University, Laura Lunsford University of North Carolina Wilmington, Nora Dominguez University of New Mexico and Julie Haddock-Millar Middlesex University

Provides a scholarly, comprehensive and critical overview of mentoring theory, research and practice across the world. A team of internationally renowned and emerging contributors map out the key historical and contemporary research, before considering modern case study examples and future directions for the field.

February 2017 • 688 pages
Cloth (9781412962537) • £120.00

CHILD DEVELOPMENT
Concepts and Theories
Jean Mercer Stockton University

Given the complex nature of child development, this topic can be a real challenge for some students. This book takes a step back to focus just on the key concepts of child development that all students must learn to give them a firm foundation of the theories and their applications.

April 2018 • 224 pages
Cloth (9781526421111) • £75.00
Paper (9781526421128) • £26.99
COUNSELLING CHILDREN
A Practical Introduction
Fifth Edition
Kathryn Geldard University of the Sunshine Coast, David Geldard Retired Counselling Psychologist and Trainer and Rebecca Yin Foo Educational and Developmental Psychologist

Now over twenty years old, this is the definitive guide to the skills and techniques used when working with children experiencing emotional problems.

New to the fifth edition:

- content on issues of diversity and difference in counselling children
- further discussion of the different contexts in which counselling children occur
- discussion of concepts of wellbeing and resilience
- updated references and research related to developments in contexts, policy and technology
- online resources including videos and learning exercises, worksheets, digital picture books and tutorials

Visit [www.study.sagepub.com/geldardchildren](http://www.study.sagepub.com/geldardchildren) to gain access to the additional resources, recommend them to your students or add them to your VLE. This highly practical guide is vital reading for counsellors, psychologists, social workers, occupational therapists, nurses and teachers working or training to work with children.

CONTENTS

Part 1: Counselling Children / Goals for Counselling Children / The Child-Counsellor Relationship / Ethical Considerations when Counselling Children / Attributes of a Counsellor for Children / Part 2: 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 3: 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 4: 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 / Technology / Part 5: The Use of Worksheets / Building Self-Esteem / Social Skills Training / Education in Protective Behaviours

November 2017 • 384 pages
Cloth (9781473953321) • £85.00
Paper (9781473953338) • £27.99

Available as inspection copy for lecturers
THE HANDBOOK OF COUNSELLING CHILDREN & YOUNG PEOPLE
Second Edition
Edited by Sue Pattison Newcastle University and Maggie Robson Keele University
Expert authors from a wide range of backgrounds bring together the fundamentals of counselling children and young people in this landmark handbook. It covers everything students need to know about theory and practice approaches, the counselling process, and practice issues and settings. This second edition is updated with the latest developments and research in an ever-changing field, and includes new content on:

- diversity and difference
- mental illness
- safeguarding and risk assessment

Each chapter includes a summary, reflective questions and activities, helping trainees to cement their learning.

CONTENTS

August 2018 • 538 pages
Cloth (9781526410559) • £90.00
Paper (9781526410559) • £32.99

CBT FOR BEGINNERS
Third Edition
Jane Simmons and Rachel Griffiths both Practising Clinical Psychologists
This book provides the ideal starting point for trainees and practitioners needing a no-nonsense, clear guide to the basics of CBT. Focusing on case formulation, the authors show readers how to build a ‘picture’ of each client, using their case history to inform interventions. Features such as exercises, case dialogues, summary boxes, and further reading lists help to enhance and cement learning. This third edition includes updated references, further reading and exercises, and new content on:

- the difficulties and drawbacks of CBT
- the differences between formal CBT and informal CBT
- the therapeutic relationship
- discussion of specific formulations
- compassionate interventions with negative thoughts.

October 2017 • 288 pages
Cloth (9781526424075) • £75.00
Paper (9781526424082) • £25.99

ESSENTIAL RESEARCH FINDINGS IN CHILD AND ADOLESCENT COUNSELLING AND PSYCHOTHERAPY
Edited by Nick Midgley Anna Freud Centre / University College London, Jacqueline Hayes and Mick Cooper University of Roehampton
Leading contributors in the field guide readers through the latest research findings in child and adolescent counselling, discussing how each is relevant to the process and outcomes of therapy. The book also outlines the key research methods used in counselling and psychotherapy, and presents the debates about how best to carry out, evaluate and interpret clinical research. Through a deeper understanding of research and evidence-based practice, your trainees will be better equipped to critically judge and compare findings.

CONTENTS

February 2017 • 216 pages
Cloth (9781412962490) • £75.00
Paper (9781412962506) • £24.99

AN INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY
Skills and Applications
Third Edition
Helen Kennerley, Joan Kirk and David Westbrook all at Oxford Cognitive Therapy Centre
This third edition has been fully updated to reflect recent developments in CBT theory, and includes more in-depth material on working with diversity. A range of new case studies and learning exercises help trainees reflect on theory, and explore how it can be used to develop effective practice. The online resources include video role-plays illustrating some of the key strategies described in the book, with new videos on:

- measuring the effectiveness of CBT
- helping patients become their own therapists
- physical techniques, including the Benson exercise and controlled breathing
- wider applications of CBT, including for eating disorders, substance abuse and self-harm
- using supervision in CBT

This material has been selected from the Oxford Cognitive Therapy Centre’s pioneering online training materials, and book buyers will be able to purchase discounted access to the full versions of these and other OCTC Online training modules.

2016 • 512 pages
Cloth (9781473962569) • £85.00
Paper (9781473962583) • £29.99
LOW INTENSITY COGNITIVE BEHAVIOUR THERAPY
A Practitioner’s Guide
Second Edition
Edited by Mark Papworth and Theresa Marrinan both at Newcastle University

This is the essential book for any health professional whose role incorporates low intensity CBT. It introduces readers to the principles and skills of CBT, and guides them through the entire process of working with adult patients with common mental health problems. Beginning at the initial assessment, it takes students through the implementation of interventions to the management of ending. Detailed case studies illustrate each step of patients’ recovery journeys. This new edition:
• is updated in line with changes in the PWP curriculum and broader IAPT policies
• includes new chapters on working with older adults and patients with long-term conditions
• adds new exercises to help readers reflect on their own practice, and build the confidence needed to become outstanding practitioners.

CONTENTS
The Role of the Low Intensity Practitioner / Understanding the Client’s Problem / The Therapeutic Relationship: Big Deal or No Deal? / The Structure of Sessions in LICBT / Risk Assessment / Behaviour Change and COM-B / Understanding Depression / Understanding Anxiety / LICBT Treatment / Working with Diversity - Assessment Issues / Working with Diversity - Treatment / Learning Disability / Older People / Long-term Conditions / Employment and Mental Health / Supervision

CBT VALUES AND ETHICS
David Kingdon University of Southampton, Nick Maguire Southampton University, Dzintra Stalmeisters and Michael Townend both at University of Derby

Using real examples and reflective questions, this book encourages practitioners to consider their own practice through the principles and requirements of ethical CBT practice.

CBT FOR DEPRESSION: AN INTEGRATED APPROACH
Stephen Barton Newcastle University and Peter Armstrong

This book introduces an approach to CBT for depression that integrates cognitive-behavioural models, evidence and therapies. Rooted in evidence-based practice and practically focussed, it draws on components of first, second and third-wave CBT to help readers tailor therapy to the needs of individual clients. There is a particular focus on challenging presentations where the authors equip students with the skills to work with different depression sub-types, co-morbid disorders and a broad range of bio-psychosocial factors that can complicate depression and its therapy. Tips that support clinical practice, in-depth cases studies and client contributions add further depth to this rich and stimulating book. It is vital reading for those taking postgraduate training courses in mental health such as CBT therapists, counsellors, nurses, clinical psychologists, occupational therapists, social workers and psychiatrists.

CONTENTS

NEW EDITION!
BRIEF COGNITIVE BEHAVIOUR THERAPY
Second Edition
Berni Curwen Private Practice, Stephen Palmer and Peter Ruddell both at Centre for Stress Management, London

This book describes how to use cognitive behaviour therapy successfully with clients in a brief, time-limited way. It helps therapists to provide effective help to clients suffering from a wide range of disorders including anxiety, depression, obsessive-compulsive disorder and post-traumatic stress, or those who are suicidal. Following an explanation of brief therapy and the theory behind CBT, the authors outline strategies for helping clients overcome unhelpful beliefs and thought patterns through all stages of counselling. Using illustrative case material throughout, the updated book includes:
• extra practical material for the client and therapist to use during the counselling process
• a brand new chapter on brief CBT in groupwork
• expansion of discussion on counselling suicidal clients within a brief CBT framework.

CONTENTS
The Cognitive Behaviour Framework / Assessment / Beginning Stage of Therapy / Middle Stage of Therapy / End Stage of Therapy / Additional Strategies and Techniques / Hypnosis as an Adjunct to Cognitive Behaviour Therapy / Brief Therapy - Groups / Treatment Protocols

BRIEF THERAPIES SERIES
January 2018 • 232 pages
Cloth (9781412929165) • £75.00
Paper (9781412929172) • £25.99

eBooks
All SAGE books are now available as eBooks. For more information please visit sagepub.co.uk/ebooks.

Available as inspection copy for lecturers
THE THERAPEUTIC RELATIONSHIP IN COGNITIVE BEHAVIOURAL THERAPY

Edited by Stirling Moorey and Anna Lavender

The therapeutic relationship in CBT is often reduced to a cursory description of establishing warmth, genuineness and empathy in order to foster a collaborative relationship. This does not reflect the different approaches needed to establish a therapeutic partnership for the wide range of disorders and settings in which CBT is applied. This book takes a client group and disorder approach with chapters split into four sections that cover:

- general issues in the therapeutic relationship in CBT
- therapeutic relationship issues in specific disorders
- working with specific client groups
- interpersonal considerations in particular delivery situations

Each chapter outlines key challenges therapists face in a specific context, how to predict and prevent ruptures in the therapeutic alliance and how to work with these ruptures when they occur. With clinical vignettes, dialogue examples and ‘tips for therapists’ this book is key reading for CBT therapists at all levels.

CONTENTS

Section 1 - The Therapeutic Relationship / Alliance Ruptures / Interpersonal Schemas, ‘Transference’ and ‘Countertransference’ in CBT / Section 2 - Depression / Generalized Anxiety Disorder / Panic and Phobias / OCD, BDD and Hoarding / Medically Unexplained Symptoms / Post Traumatic Stress Disorder / Psychosis / Eating Disorders / Physical Illness and Palliative Care / Personality Disorders / Section 3 - Children and Adolescents / Older Adults / Black and Minority Ethnic Groups / Section 4 - Group CBT / Couples / Supervision

January 2019 • 280 pages
Cloth (9781526424433) • £90.00
Paper (9781526424426) • £28.99

CBT FOR SUBSTANCE MISUSE AND ADDICTION

Frank Ryan Imperial College London

In recent decades considerable scientific advances have been made in understanding the mechanisms of addiction. However, these have yet to shape current therapeutic practice to a significant degree. Frank Ryan bridges this gap between science and practice. Using a cognitive neuroscience framework, focusing on will power and the dual processing model, he carefully considers the workings of the brain and the impact this has on the client and therefore the therapy that is provided. He acknowledges the treatment resistant aspect of addiction, takes readers through novel therapeutic strategies with which this can be addressed and shows how to combine them with tried and tested cognitive behavioural approaches as part of an integrated treatment package.

CONTENTS

Why Giving Up is Hard to Do / Substance Misuse and Behavioural Addictions / Preparing for the Therapeutic Journey / Cognitive Behavioural Approaches to Addiction / Motivation and Engagement / Understanding and Managing Impulsivity and Compulsion / Accepting and Managing Negative Emotions / Willpower: The Key to Long-Term Recovery

October 2018 • 192 pages
Cloth (9781526446817) • £25.99
Paper (9781526446800) • £75.00

PERSON-CENTRED EXPERIENTIAL COUNSELLING FOR DEPRESSION

A Manual For Training and Practice

Second Edition

David Murphy, Peter Pearce Metanoia Institute, Trish Hobman and Lynne Lacock both at York St John University

This is a landmark text that establishes humanistic counselling as an evidence-based psychological intervention. It includes research data supporting the approach as well as sources used in developing the humanistic competence framework.

Coverage includes:

- evidence-based practice and person-centred experiential therapies
- the counselling for depression competence framework
- in-depth case studies illustrating counselling for depression in practice
- training, supervision and research

This book is essential reading for those taking counselling for depression training or a humanistic counselling and psychotherapy course, as well as those already working within the NHS and wishing to enhance their practice.

CONTENTS

Counselling for Depression as a PCE Therapy/ Depression and its PCE Conceptualisation / First Meetings / Early Sessions (Sessions 2-4) / Middle Sessions 1 (Sessions 5-7) / Middle Sessions 2 (Sessions 8-12) / Middles Sessions 3 (Sessions 13-16) / Ending Sessions (sessions 17-20) / Future Orientations

November 2018 • 272 pages
Cloth (9781526446800) • £75.00
Paper (9781526446817) • £25.99

THE SPECTRUM OF ADDICTION

Evidence-Based Assessment, Prevention, and Treatment Across the Lifespan

Laura Veach Wake Forest School of Medicine and Regina Moro Boise State University

“This textbook provides an updated, comprehensible 21st-century foundation for the understanding of an age-old struggle with problems surrounding addictions.”

- Arlene Saum, Daytona State College

The Spectrum of Addiction presents a comprehensive overview of addictive behaviours and habits from early use through to risky use, severe-risk use and addiction.

COUNSELING AND PROFESSIONAL IDENTITY

January 2018 • 360 pages
Paper (9781483364834) • £66.00
Available as inspection copy for lecturers

PSYCHODYNAMIC COUNSELLING IN ACTION

Fifth Edition
Michael Jacobs Bournemouth University

In this fifth edition, Michael Jacobs sets out the main theory and principles involved in psychodynamic work and, through two case studies, shows how these can be applied creatively and effectively within the counselling process.

COUNSELLING IN ACTION SERIES

May 2017 • 168 pages
Cloth (9781473998155) • £85.00
Paper (9781473998162) • £28.99

PSYCHODYNAMIC COUNSELLING IN A NUTSHELL

Third Edition
Susan Howard University of Surrey

Susan Howard explains in clear, jargon-free terms, the concepts at the heart of the psychodynamic approach, and drawing on case material, describes the therapeutic practice which rests on those ideas. Assuming no previous knowledge of the subject, the book introduces:

• the history of the approach
• main key concepts
• practical techniques used by practitioners

In the first chapter, you are introduced to a client, Layla, whose case you’ll revisit throughout the book, helping you connect theory and practice. This edition includes new material on working with diversity and difference, neuroscience and extended discussion on ethics. Psychodynamic Counselling in a Nutshell is the ideal place for students to begin learning about the psychodynamic approach.

CONTENTS

Beginnings / Key Concepts in Psychodynamic Counselling / How Did We Get Here? / Putting Concepts into Practice: What Happens in Psychodynamic Counselling? / Practical Skills in Psychodynamic Counselling / Psychodynamics and Neuroscience / Beyond Theory and Practice / Evidencing Success

COUNSELLING IN A NUTSHELL

May 2018 • 192 pages
Cloth (9781526438676) • £60.00
Paper (9781526438669) • £18.99

PSYCHODYNAMIC-INTERPERSONAL THERAPY

A Conversational Model

Edited by Michael Barkham University of Leeds, Else Guthrie University of Manchester, Gillian E, Hardy University of Sheffield and Frank Margison Manchester Royal Infirmary

This book presents, for the first time, a practical manual for psychodynamic-interpersonal therapy. This evidence-based conversational model places strong emphasis on the relational aspects of therapy, and provides a comprehensive approach to a wide variety of presenting issues.

2016 • 208 pages
Cloth (9780761956624) • £75.00
Paper (9780761956631) • £24.99

SKILLS IN PSYCHODYNAMIC COUNSELLING & PSYCHOTHERAPY

Second Edition
Susan Howard University of Surrey

This is a step-by-step guide to the key skills and techniques of the psychodynamic approach used at each stage of the therapeutic process. The second edition includes a new chapter on neuropsychology and its implications, new content on working in the NHS and other settings, additional case material and updates to all chapters.

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

February 2017 • 216 pages
Cloth (9781446285664) • £75.00
Paper (9781446285671) • £24.99

WORKING AT RELATIONAL DEPTH IN COUNSELLING AND PSYCHOTHERAPY

Second Edition
Dave Mearns University of Strathclyde and Mick Cooper University of Roehampton

Looking in depth at the therapeutic meeting between therapist and client, this edition now includes an updated preface, new content on recent research, new developments and debates around relational depth, and new case studies.

September 2017 • 248 pages
Cloth (9781473979793) • £75.00
Paper (9781473979793) • £27.99
Bestsellers

THE HANDBOOK OF INDIVIDUAL THERAPY
Sixth Edition
Edited by Windy Dryden Goldsmiths College, University of London and Andrew Reeves University of Liverpool Counselling Service

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 8 updated chapters. Each approach now includes a new research section summarising the findings, an in-depth case study illustrating how that approach works in practice, and an extended practice section.

2013 • 672 pages
Cloth (9781446201367) • £105.00
Paper (9781446201374) • £33.99

NELSON-JONES’ THEORY AND PRACTICE OF COUNSELLING AND PSYCHOTHERAPY
Sixth Edition
Richard Nelson-Jones Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy

“The new edition retains the original clarity of writing and refreshing experience-near qualities which made it stand out from its competitors, and has been updated in light of new research findings in relation to problems of living in an information-age. It is an excellent resource for trainees and educators both.”

- Jim McLennan, Adjunct Professor, Department of Psychology, LaTrobe University

2014 • 528 pages
Cloth (9781446295557) • £100.00
Paper (9781446295564) • £33.99

STANDARDS AND ETHICS FOR COUNSELLING IN ACTION
Fourth Edition
Tim Bond University of Bristol

With free access to an interactive eBook edition this book gives your students on-the-go access to a wealth of digital resources supporting the print edition. It includes 16 counselling scenario videos, 16 author discussion videos, an interactive glossary, journal articles, interactive multiple choice questions and live links to useful websites.

COUNSELLING IN ACTION SERIES

2015 • 352 pages
Cloth (9781446273937) • £93.00
Paper & Interactive eBook (9781473913974) • £32.99

DOING RESEARCH IN COUNSELLING AND PSYCHOTHERAPY
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Chris Evans University of Nottingham and
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