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INTEGRATING COUNSELLING & PSYCHOTHERAPY
Directionality, Synergy and Social Change

Mick Cooper University of Roehampton

This book presents a framework for understanding distress and change that can unite different orientations, along with sociopolitical perspectives. Its starting point is that therapy aims to help clients move towards the things they most deeply want. It shows how the actualisation of these ‘directions’ leads to greater wellbeing, and how this can be brought about through the development of internal and external synergies. Using in-depth cases, the book provides detailed guidance on how this framework can be applied. It will help trainees and practitioners feel better equipped to understand, and work with, their clients’ directions — tailoring the therapy to their unique wants.

CONTENTS

February 2019 • 312 pages
Cloth (9781526440020) • £75.00
Paper (9781526440037) • £24.99
PRACTICAL ETHICS IN COUNSELLING AND PSYCHOTHERAPY

A Relational Approach

Linda Finlay The Open University

This highly engaging book introduces readers to the ethical dilemmas that therapists may face. By mapping the counselling process from beginning to end, it focuses on key ethical issues such as informed consent, confidentiality, boundaries, the use of touch and dual relationships. It draws on a series of in-depth case studies illustrating ethical dilemmas, and presents the reader with reflective questions at the end of each example.

CONTENTS


March 2019 • 216 pages
Cloth (9781526459282) • £75.00
Paper (9781526459299) • £24.99

THE HANDBOOK OF BRIEF THERAPIES

A Practical Guide

Edited by Sarah Parry Manchester Metropolitan University

This step-by-step guide offers a range of contemporary and popular brief treatments, suitable for a range of client groups and professional settings. Following a comprehensive introduction, each chapter provides an introduction to the theoretical underpinnings and evidence-based brief intervention, followed by guidance on how to implement the approaches with useful ‘top tips’, worksheets and examples from practice.

CONTENTS

Part 1: Core Approaches / Brief Cognitive Behavioural Therapy / Time-Limited Person Centred Therapy / Motivational Interviewing / Solution-Focused Brief Therapy / Short-Term Family Therapy / Brief Acceptance and Commitment Therapy / Brief Dynamic Interpersonal Therapy (DIT) / Cognitive Analytic Therapy (CAT) and Psychodynamic Interpersonal Therapy / Part 2: Integrative Approaches / Brief Uses of Compassionate Mind Training / Brief Interventions Using Artistic Expression / Brief Interventions in Hospital Settings / Computer-Assisted Cognitive Behavioural Therapy / Psychoeducation / Integrating Core Approaches / Comparative Summary Table

March 2019 • 248 pages
Cloth (9781526436412) • £85.00
Paper (9781526436429) • £28.99
PERSON-CENTRED EXPERIENTIAL COUNSELLING FOR DEPRESSION

Second Edition

David Murphy University of Nottingham

This is a landmark text that establishes humanistic counselling as an evidence-based psychological intervention and is essential reading for trainees wishing to work in public health settings. Coverage includes: evidence-based practice and person-centred and experiential therapies; the counselling for depression competence framework; in-depth case studies illustrating counselling for depression in practice; training, supervision and research.

CONTENTS
Person-Centred Experiential Therapy / The Person-Centred Experiential Theory of Depression / First Meetings and the Initial Phase Sessions / Early Sessions Phase of PCE-CfD / Middle Phase Sessions / Final Phase and Endings / Training, Supervision & Research / Future Orientations and Conclusions / Appendix 1: List of Competencies / Appendix 2: Person-Centred & Experiential Psychotherapy Scales (PCEPs) / Appendix 3: PCE-CfD Supervision Adherence Scale / Appendix 4: Measurement Scales

July 2019 • 224 pages
Cloth (9781526446800) • £75.00
Paper (9781526446817) • £25.99

A STUDENT'S GUIDE TO THERAPEUTIC COUNSELLING

Kelly Budd, Sandra McKeever, Traci Postings and Heather Price CPCAB

This practical book, co-published with the CPCAB aims to be a training guide that is based around the seven areas that students have to evidence in order to become accredited at L4. It offers a firm foundation in knowledge and skills, looks at practice issues, helps with study, and also answers the most common questions students have when training.

CONTENTS

November 2019 • 296 pages
Cloth (9781526408297) • £70.00
Paper (9781526408303) • £23.99
COUNSELLING ADOLESCENTS
The Proactive Approach for Young People
Fifth Edition
Kathryn Geldard, David Geldard and Rebecca Yin Foo Educational and Developmental Psychologist

This is the definitive guide to counselling adolescents. Now in its fourth edition, this bestseller has introduced thousands of trainees and practitioners to the theory, principles, skills and techniques of proactively counselling this client group. A multi-disciplinary book which recognises that a diversity of needs requires a diversity of approaches and skills, it uses case studies and examples to demonstrate this in a variety of settings.

CONTENTS
Part 1: Understanding the Young Person / The Nature of Adolescence / The Influence of Childhood Experiences / Young People’s Environments / The Development of Mental Health Problems / Part 2: Proactive Counselling for Young People / Making Counselling Relevant for Young People / The Proactive Process for Counselling Young People / Foundations of the Proactive Approach / Making Use of Adolescent Communication Processes / Useful Counselling Micro-skills / Promoting Change in Young People / Maintaining a Collaborative Relationship / Part 3: Counselling Strategies / Symbolic Strategies / Creative Strategies / Behavioural and Cognitive Behavioural Strategies / Psycho-educational Strategies / The Use of Technology when Counselling Young People / Part 4: Proactive Counselling in Practice / Professional and Ethical Issues / Case Studies

October 2019 • 360 pages
Cloth (9781526463524) • £85.00
Paper (9781526463531) • £29.99

MENTAL HEALTH IN CRISIS
Joel Vos Metanoia Institute, London, Ron Roberts and James Davies University of Roehampton

At a time of huge pressures on mental health services, this highly topical, broad-ranging and thought-provoking analysis of the mental health crisis examines the current challenges in mental health service delivery and access using a range of perspectives (political, economic, and cultural, organisational issues). It then puts forward a number of alternatives, reviewing both current and alternative initiatives, and exploring what is needed for a mentally healthy society.

SAGE SWIFTS
April 2019 • 170 pages
Cloth (9781526492203) • £45.00
Electronic (9781526492586) • £15.00
AN INTRODUCTION TO RESEARCH IN COGNITIVE BEHAVIOURAL THERAPY

Sarah Rakovshik  Oxford Cognitive Therapy Centre

This book will help guide students through all the necessary levels of working with and then doing research. It begins with the general principles, grappling with evidence and understanding statistics. It then moves on to show how to critically engage with, interpret and evaluate research so that it can be used to shape practice. Ultimately, this book will help readers see the relevance of research in their working lives and empower them to become active and keen researchers.

CONTENTS

October 2019 • 296 pages
Cloth (9781526427120) • £85.00
Paper (9781526427137) • £28.99

ADVANCED COACHING PRACTICE

Inspiring Change in Others

Christian van Nieuwerburgh  ICCE Ltd. (International Centre for Coaching in Education) and David Love  Henley Business School

Bridging the gap between beginner and master coach, this text helps the reader to become a skilled coach practitioner through a focus on experience, practice and reflection. Chapters address key practice issues, such as prioritising the coaching relationship, the use of challenge, making the most of diversity, and supporting the change process. This book allows readers access into the coaching room with supporting clips of coaching conversations by expert practitioners that are discussed in depth.

CONTENTS

May 2019 • 176 pages
Cloth (9781526421234) • £75.00
Paper (9781526421241) • £24.99
COACHING AND MENTORING RESEARCH
A Practical Guide
Lindsay Oades, Christine L. Siokou and Gavin Slemp
University of Melbourne

This new core textbook starts with an introduction to the basic principles of research theory and practice, explaining why we need to do research, what it is and why it's important. It then moves on to cover the ins and outs of actually doing research. This is an accessible guide that provides students with everything they need to know in one place.

June 2019 • 224 pages
Cloth (9781473912960) • £75.00
Paper (9781473912977) • £25.99

THE TRAINEE COACH HANDBOOK
Edited by Mary Watts City University, Robert Bor Royal Free Hospital and Ian Florance Managing Director, Only Connect Ltd

This handbook can be used at any level of training and is focused on helping trainees with the practical aspect of training such as becoming accredited, doing research and how supervision works.

CONTENTS
Setting the Scene / Where Coaching Happens / Training Routes and Accreditation / The Coaching Relationship / Guidelines for Professional and Ethical Practice / A Model for an Initial Coaching Session with a Client / Beyond the First Session: Models of Coaching / Skills and Tools in Coaching / Reflecting on Practice / Supervision: Making it Work for You / Meeting Your Programme Requirements / Students Top Tips / What do I do if…….? / Planning, Conducting and Writing up Coaching Research / Establishing Yourself as a Coach / Social Media, Technology and Online Coaching / Looking to the Future

November 2019 • 320 pages
Cloth (9781526424693) • £85.00
Paper (9781526424709) • £29.99

STEPS TO RECOVERY
A Clinician's Guide
Graeme Flaherty-Jones and Sarah Dexter-Smith both at Tees Esk and Wear Valleys NHS Foundation Trust

This practical book enables practitioners to implement recovery principles into their work within mental health services. It provides a step-by-step map to working with individual clients, with each chapter representing a session. The approach draws on recovery philosophy and narrative therapy techniques, with the emphasis on the client being supported to devise their own recovery narrative. It also comes with access to downloadable worksheets and crib sheets that can be used as prompts within the session.

CONTENTS

August 2019 • 136 pages
Cloth (9781526459046) • £75.00
Paper (9781526459053) • £25.99
AN INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY
From Theory to Practice
Second Edition

Andrew Reeves  
University of Liverpool Counselling Service

This book introduces readers to what they need to know about counselling and psychotherapy theory, skills and practice. Drawing on years of experience as a counselling practitioner and educator, Andrew Reeves links theory to the development of appropriate skills and locates it within the context of therapeutic practice. Features including chapter summaries, discussion questions, prompts for reflection, case examples and further reading help students to apply what they’ve learnt and give them the confidence to progress into practice. The book covers:

- key theoretical approaches
- personal development
- counselling skills
- professional settings
- law, policy, values and ethics
- working with difference and diversity
- client and present issues, and more

Learning is also supported by a wealth of online resources such as case studies and videos that show what theory looks like in practice, as well as journal articles to help extend knowledge. This is the essential text for any trainee practitioner, or for anyone needing an introduction to the foundations of counselling theory and practice.

CONTENTS
Part 1: Setting the Context / What are the Counselling Professions? / Becoming a Counsellor or Psychotherapist: Personal and Professional Development / Part 2: Counselling & 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 • 528 pages
Cloth (9781526423849) • £90.00
Paper (9781526423856) • £31.99
PERSON-CENTRED COUNSELLING IN ACTION

Fourth Edition

Dave Mearns University of Strathclyde, Brian Thorne Norwich Centre for Personal and Professional Development and John McLeod University of Oslo

"A must have book for anyone who is practicing as a person-centred therapist. It is also very student friendly and should be on the reading list for all counselling trainers and trainees. A fantastic, beautifully written book that has stood the test of time."

- Mrs Gael Kilduff, Social Science, PCI College

COUNSELLING IN ACTION SERIES

2013 • 240 pages
Cloth (9781446252529) • £91.00
Paper (9781446252536) • £27.99

SKILLS IN PERSON-CENTRED COUNSELLING & PSYCHOTHERAPY

Third Edition

Janet Tolan Consultant, private practice and Rose Cameron University of Edinburgh

"This revised edition of a classic in person-centred therapy combines both an accessible introduction to becoming a practitioner, and an up-to-date, socially situated, and academically rigorous essential guide. It is rare to find a single volume that allows beginning students to reflect on their own experience, while remaining academically and theoretically rigorous."

- Carol Wolter-Gustafson

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

2016 • 248 pages
Cloth (9781473926585) • £79.00
Paper (9781473926592) • £25.99
SKILLS IN GESTALT COUNSELLING & PSYCHOTHERAPY

Fourth Edition

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

A practical and accessible guide to the gestalt approach, now with updated content on trauma, mindfulness and awareness, and new case examples and exercises.

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

April 2018 • 344 pages
Cloth (9781526420695) • £75.00
Paper (9781526420701) • £26.99

STANDARDS AND ETHICS FOR COUNSELLING IN ACTION

Fourth Edition

Tim Bond University of Bristol

With free access to an interactive eBook this book gives your students on-the-go access to a wealth of digital resources supporting the print edition, including: 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

INTEGRATIVE COUNSELLING SKILLS IN ACTION

Third Edition

Sue Culley Retired Freelance Consultant and Tim Bond University of Bristol

This popular book provides step-by-step guidance for using counselling skills in a variety of helping situations using illustrative case examples and practical checklists and summaries.

COUNSELLING IN ACTION SERIES

2011 • 224 pages
Cloth (9781848601512) • £87.00
Paper (9781848601529) • £26.99
PSYCHODYNAMIC COUNSELLING IN A NUTSHELL

Third Edition

Susan Howard University of Surrey

With new material on working with diversity and difference, neuroscience and extended discussion on ethics, this is a quick and easy introduction to the psychodynamic approach.

COUNSELLING IN A NUTSHELL

May 2018 • 160 pages
Cloth (9781526438676) • £63.00
Paper (9781526438669) • £19.99

BESTSELLER

COUNSELLING SKILLS AND STUDIES

Second Edition

Fiona Ballantine Dykes, Traci Postings, Barry Kopp and Anthony Crouch 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.

2017 • 336 pages
Cloth (9781473980983) • £68.00
Paper (9781473980990) • £23.99

BESTSELLER

ESSENTIAL RESEARCH FINDINGS IN COUNSELLING AND PSYCHOTHERAPY

The Facts are Friendly

Mick Cooper University of Roehampton

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.

2008 • 256 pages
Cloth (9781847870421) • £87.00
Paper (9781847870438) • £25.99
THEORIES AND APPLICATIONS OF COUNSELING AND PSYCHOTHERAPY
Relevance Across Cultures and Settings

Earl J. Ginter The University of Georgia, Gargi Roysircar Antioch University New England and Lawrence H. Gerstein Ball State University

Provides students with the foundational knowledge they need to understand and implement the various therapeutic approaches used in individual counseling. The dynamic author team brings decades of expertise in the classroom and the field evaluating theories, analyzing multicultural practices, and advocating for social justice to their writing.

April 2018 • 640 pages
Paper (9781412967594) • £100.00

PROFESSIONAL PRACTICE IN COUNSELLING AND PSYCHOTHERAPY
Ethics and the Law

Peter Jenkins

Structured around the BACP Core Curriculum, and with the help of exercises, case studies and tips for further reading, this book covers everything from the requirements of the BACP Ethical Framework to broader perspectives on good professional practice.

2017 • 240 pages
Cloth (9781446296639) • £74.00
Paper (9781446296646) • £25.99

COUNSELING ETHICS FOR THE 21ST CENTURY
A Case-Based Guide to Virtuous Practice

Elliot D. Cohen Florida State University College of Medicine and Gale Spieler Cohen Indian River State College

Even with the development of codes of ethics and laws, counseling professionals are often left in quandaries when it comes to questions of ethics. In this book students are provided with a systematic, philosophical approach to mental health ethics. The authors have created a comprehensive model of ethical decision-making that helps students to define the problem, identify relevant facts, conduct an ethical analysis, make a decision and implement it into action.

March 2018 • 272 pages
Paper (9781506345475) • £69.00
THE SPECTRUM OF ADDICTION
Evidence-Based Assessment, Prevention, and Treatment Across the Lifespan
Laura J. Veach *Wake Forest School of Medicine* and Regina R. 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

With a unique focus on neuroscience, integration of CACREP standards, and extensive coverage of addictions across the lifespan, this book serves as a practical resource for future addiction counselors. It presents a comprehensive overview of addictive behaviors and habits from early use through risky use, severe-risk use, and addiction.

COUNSELING AND PROFESSIONAL IDENTITY
2017 • 360 pages
Paper (9781483364834) • £68.00

LOW INTENSITY COGNITIVE BEHAVIOUR THERAPY
A Practitioner's Guide
Second Edition
Edited by Mark Papworth and Theresa Marrinan both at Newcastle University

Beginning at the initial assessment, this practical and comprehensive guide 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 and includes new chapters on working with older adults and patients with long-term conditions.

October 2018 • 544 pages
Cloth (9781526404435) • £85.00
Paper (9781526404442) • £29.99
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.

October 2018 • 312 pages
Cloth (9781526402738) • £75.00
Paper (9781526402745) • £26.99

THE THERAPEUTIC RELATIONSHIP IN COGNITIVE BEHAVIOURAL THERAPY

Edited by Stirling Moorey and Anna Lavender both at South London and Maudsley NHS Foundation Trust

With clinical vignettes, dialogue examples and 'tips for therapists' this book is key reading for CBT therapists at all levels. 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.

October 2018 • 304 pages
Cloth (9781526419491) • £75.00
Paper (9781526419507) • £26.99

BRIEF COGNITIVE BEHAVIOUR THERAPY

Second Edition

Berni Curwen Thames Gateway NHS Trust, Stephen Palmer and Peter Ruddell Centre for Stress Management

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.

BRIEF THERAPIES SERIES

2018 • 232 pages
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Paper (9781412929172) • £25.99
Coaching and Mentoring

THE COMPLETE HANDBOOK OF COACHING

Third Edition

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

This book provides a wide-ranging guide to the complex, multidisciplinary area of coaching, helping trainees to find comprehensive answers to their coaching questions. It allows them to identify and develop their personal style of coaching. A specially selected group of international authors contribute various expertise and insights across three key areas:

- Theoretical Perspectives
- Contexts and Genres of Coaching
- Professional Practice Issues

Videos, case studies, journal articles and useful websites have been carefully collated by our contributors to help trainees make the crucial link between theory and practice.

CONTENTS


August 2018 • 616 pages
Cloth (9781473973046) • £95.00
Paper (9781473973053) • £35.99

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 familiarise themselves with current research and debates in the academic literature on coaching.

2016 • 794 pages
Cloth (9781473916531) • £130.00
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 recognise and reconcile common ethical dilemmas and choices.

2016 • 224 pages
Cloth (9781473919556) • £74.00
Paper (9781473919563) • £24.99

THE SAGE HANDBOOK OF MENTORING

Edited by David A. Clutterbuck Clutterbuck Associates, Frances K. 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.

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COUNSELLING CHILDREN

A Practical Introduction

Fifth Edition

Kathryn Geldard, David Geldard and Rebecca Yin Foo
Educational and Developmental Psychologist

This is the definitive guide to the skills and techniques used when working with children who are experiencing emotional problems. This new edition also includes new discussion of wellbeing and resilience concepts.

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

THE HANDBOOK OF COUNSELLING CHILDREN & YOUNG PEOPLE

Second Edition

Edited by Maggie Robson Keele University and Sue Pattison Newcastle University

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.

August 2018 • 496 pages
Cloth (9781526461162) • £90.00
Paper (9781526410559) • £32.99

COUNSELLING YOUNG PEOPLE

A Practitioner Manual

Rebecca Kirkbride University of Roehampton

Grounded in the BACP’s competencies for working with young people, this groundbreaking book takes a humanistic approach and establishes it as an evidence-based psychological intervention. It is essential reading for anyone working with this group.

2017 • 256 pages
Cloth (9781473992115) • £75.00
Paper (9781473992122) • £24.99
ESSENTIAL RESEARCH FINDINGS IN CHILD AND ADOLESCENT COUNSELLING AND PSYCHOTHERAPY

Edited by Nick Midgley 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.

2017 • 216 pages
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Paper (9781412962506) • £24.99

CHILD DEVELOPMENT
Concepts and Theories

Jean A. 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 • 256 pages
Cloth (9781526421111) • £75.00
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