

Dryden

Counselling in a Nutshell

What is counselling and how does it work? Counselling in a Nutshell provides the answers to these questions and more, as part of a step-by-step guide to the counselling relationship and the therapeutic process. Drawing together theory from the psychodynamic, person-centred and cognitive-behavioural approaches, Windy Dryden explores: - bonds between counsellor and client - goals and tasks of counselling - stages of the therapeutic process - core therapeutic change. This revised and updated second edition also includes new material on person centred and psychodynamic counselling, further discussion of the influence of counselling contexts on the work of counsellors, and five discussion issues at the end of each chapter to stimulate thinking. Counselling in a Nutshell provides a concise introduction to core components of the therapeutic relationship and process and is suitable for counsellors of all orientations.

Counselling in a Nutshell does what it says on the tin - it is the most concise, accessible and AFFORDABLE introduction to counselling in general. In this second edition Professor Windy Dryden updates his succinct discussion of key concepts and ideas of the therapeutic approach.



38,10 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780857021151
Medium: Buch
ISBN: 978-0-85702-115-1
Verlag: SAGE Publishing Ltd
Erscheinungstermin: 20.12.2010
Sprache(n): Englisch
Auflage: 2. Auflage 2010
Serie: Counselling in a Nutshell
Produktform: Kartoniert
Gewicht: 128 g
Seiten: 144
Format (B x H): 111 x 178 mm

