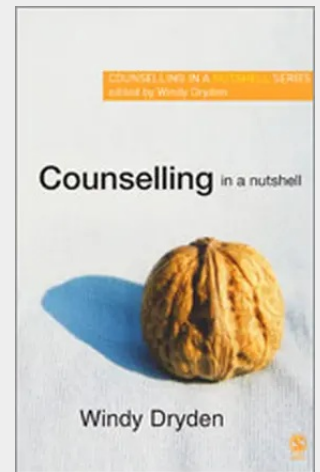


Dryden

Counselling in a Nutshell

Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com

Size-wise, these books span an open palm and have a very handy flap on the back and front as an integral feature of the cover which can be used as a bookmark. They are concise, yet thorough, providing introductions to the key elements of the theory and practice underpinning major therapeutic approaches... [An] ideal 'intro'... I would recommend these books because, 'in a nutshell', they work' - Therapy Today 'In a book aimed principally at those just embarking on counselling training Windy Dryden offers a down-to-earth introduction to the theory and practice of counselling which will serve to aid and inspire trainees' - Professor Brian Thorne, Co-founder, The Norwich Centre and Emeritus Professor of Counselling, University of East Anglia 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. Focusing on the commonalities within the main theoretical approaches - psychodynamic, person-centred and cognitive-behavioural - Windy Dryden describes a framework which underpins all counselling, irrespective of the approach being used. Key features of the framework include: o bonds between counsellor and client o goals and tasks of counselling o stages of the therapeutic process o core therapeutic conditions. 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.



Auf Anfrage

Nicht mehr lieferbar

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