Welcome to the 2012 SAGE Counselling & Psychotherapy catalogue, in which you’ll find information on the latest textbooks, handbooks and journals to support you in your learning, teaching, research and practice.

First and foremost, I’m excited to announce the forthcoming publication of Andrew Reeves’ *An Introduction to Counselling and Psychotherapy* - the definitive introduction for professional trainees. The book takes the reader through the entire therapeutic process, introducing the theory and applying it to actual practice. This engaging, accessible book represents a benchmark in understanding and applying the principles and practice of counselling and psychotherapy.

In January SAGE published the third edition of *The SAGE Handbook of Counselling and Psychotherapy*, paving the way for new editions of *Skills in Person-centred Counselling & Psychotherapy* and Brian Thorne’s *Carl Rogers*, and brand new course texts like *Reflective Writing in Counselling & Psychotherapy* and *The Student Guide to Counselling & Psychotherapy Approaches*.

It is not possible to list every title in this catalogue, so to find out more about our publishing or to see the full list, visit [www.sagepub.co.uk/counselling](http://www.sagepub.co.uk/counselling). If you have any questions about this catalogue, or publishing ideas to discuss, we would be delighted to hear from you.

Alice Oven, Commissioning Editor • alice.oven@sagepub.co.uk

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### Key titles

**P2**

*An Introduction to Counselling and Psychotherapy*

**P21**

*Skills in Person-centred Counselling & Psychotherapy*

**P25**

*Gestalt Therapy*

**P23**

*Cognitive Behavioural Therapy*

**P31**

*The SAGE Handbook of Counselling and Psychotherapy*

**P14**

*Counselling Skills*

**P29**

*The SAGE Handbook of Counselling and Psychotherapy*

**P4**

*The Student Guide to Counselling & Psychotherapy Approaches: 1st Edition*

**P29**

*Children, Young People & Families: Client Issues and Counselling*
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www.sagepub.co.uk/ebooks

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http://www.uk.sagepub.com/aboutCommunity.nav
AN INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY
From Theory to Practice
Andrew Reeves University of Liverpool Counselling Service

This book represents a benchmark in understanding and applying the principles and practice of counselling and psychotherapy. It takes professional trainees through the entire therapeutic process, introducing the theory and applying it to real-life practice.

Drawing on years of experience as a counselling practitioner and researcher, Andrew Reeves provides a uniquely practical consideration of counselling and psychotherapy theory, linked to the development of appropriate skills and located within the context of therapeutic practice today. Engagingly and accessibly written, the book is packed with learning features including a glossary, chapter summaries, discussion points, indcuated further reading and skills practice sections. Case scenarios and detailed vignettes illustrate key ideas in action, including several repeating cases used throughout the book to provide comparison between modalities or contexts.

CONTENTS
Introduction to Counselling and Psychotherapy: From Theory to Practice \ PART ONE: SETTING THE CONTEXT \ Becoming a Counsellor or Psychotherapist: The Training Journey \ Principal Counselling and Psychotherapy Approaches and Skills \ Professional Settings and Organisations \ Law, Policy, Values and Ethics \ PART TWO: THE THERAPEUTIC RELATIONSHIP \ Clients and Presenting Issues \ Managing Aspects of the Therapeutic Relationship \ Challenges in the Therapeutic Relationship \ Working with Diversity and Difference \ PART THREE: THE PROFESSIONAL SELF \ Managing Professional Responsibilities \ Supervision and Consultation \ Counselling, Psychotherapy and Research \ Endings and the Next Steps

READERSHIP
Counselling trainees

November 2012 • 576 pages
Cloth (978-0-85702-054-3) • £85.00
Paper (978-0-85702-055-0) • £29.99

DR ANDREW REEVES

Dr Andrew Reeves has worked as a counsellor and supervisor in various settings, for over twenty years. Originally qualified as a social worker, he specialised in child protection and adult mental health before moving to working full-time as a counsellor at the University of Liverpool. Following the death by suicide of one of his clients early in his career, he undertook extensive research into ways in which counsellors and psychotherapists work with suicidal clients and he has written extensively about this since. His recent book with SAGE, Counselling Suicidal Clients (2010) has quickly become a popular title, as has Key Issues for Counselling in Action: Second Edition, which he co-edited with Prof Windy Dryden. His award-winning training DVD, Tight Ropes and Safety Nets: Counselling Suicidal Clients (with Jon Shears and Sue Wheeler) is now being used by many therapy training programmes throughout the UK.

His new book, An Introduction to Counselling and Psychotherapy: From Theory to Practice (2012) has several aims: to help provide prospective students of counselling and psychotherapy with information to support their training decisions; to help integrate theory into their early steps in working with clients on a practice placement; and to help bridge the move from qualification into practice as a therapist.

He has other new projects in the pipeline, including editing the new series, Essential Issues for Counselling and Psychotherapy in which he will be writing the new title, Working with Risk in Counselling and Psychotherapy, as well as working with Windy Dryden on the sixth edition of the bestselling SAGE text, The Handbook of Individual Therapy.
THE TRAINEE HANDBOOK
A Guide for Counselling & Psychotherapy Trainees
Third Edition
Edited by Robert Bor Royal Free Hospital and Mary Watts City University

Now in its Third Edition, The Trainee Handbook has been fully updated to take account of the significant changes that have taken place in the therapy professions over the last few years.

It now includes new and important chapters on:
- the dynamics and practicalities of facilitating client referral
- the processes involved in assessing a client’s mental state
- useful tips and hints from former trainees.

ABRIDGED CONTENTS
Setting the Scene \ Mapping Training Routes into Working as a Therapist \ Effective Essay Writing \ Handling and Processing a Referral \ Assessing a Client’s Mental State \ The First Session with a New Client: Five Stages \ Constructing Stories about Clients’ Needs: Developing Skills in Formulation \ Written Communication and Counselling \ How to Write a Client Case Study \ How to Write a Process Report \ Supervision: Making It Work for You \ What Do I Do If…? \ Questions Commonly Asked by Trainees \ The Clinical Placement in Mental Health \ Guidelines for Professional Practice \ Getting the Most out of Personal Therapy \ Psychopharmacology: A Primer \ Planning, Conducting and Writing up Research \ A Trainee’s Perspective \ Student Top Tips \ Preparing for a Job \ Looking to the Future

READERSHIP
Trainee students on counselling, psychotherapy and counselling psychology courses, also a useful reference text for practitioners in these fields

THE COMPLETE HANDBOOK OF COACHING
Edited by Elaine Cox, Tatiana Bachkirova both at Oxford Brookes University and David Clutterbuck Clutterbuck Associates

Easy to understand and read, the Handbook provides a comprehensive coverage of the key areas in coaching and is a good introduction to the subject matter. As a single reference it sets the standard for its breadth of coverage of the field of coaching.

- Dr Caroline Hornor, Director, I-Coach Academy

This comprehensive guide to coaching explores a full variety of coaching theories, approaches and settings, and offers strategies for the reader to identify and develop a personal style of coaching. Written by leading international authors, each chapter makes explicit links between theory and practice, and generic questions facilitate further reflection on the topic. There are also suggestions for further reading and short case studies.

ABRIDGED CONTENTS
INTRODUCTION \ PART ONE: THEORETICAL PERSPECTIVES \ PART TWO: CONTEXTS AND GENRES \ PART THREE: PROFESSIONAL PRACTICE ISSUES \ CONCLUSION

READERSHIP
Postgraduate students taking coaching and mentoring courses, counselling professionals looking to adapt their skills in a coaching environment, and business and management students focusing on coaching and leadership

Handbooks & Introductory Texts

DRYDEN’S HANDBOOK OF INDIVIDUAL THERAPY
Fifth Edition
Edited by Windy Dryden Goldsmiths, University of London

An important book, not to be missed by any serious counselling student or practitioner

The updated Fifth Edition of this classic text presents a comprehensive overview of the key approaches to individual therapy practice, including three new chapters on narrative therapy, solution-focused therapy, and integrative and eclectic approaches.

Written by experts in their own therapeutic fields, the book introduces the principles and methods of individual therapy concisely and accessibly. Following a clearly defined structure, each chapter outlines one approach in detail and provides case examples to illustrate how that approach works in practice. Each form of therapy is described in terms of: its historical context; the main theoretical assumptions; the mode of practice; which clients will benefit most; and the general strengths and limitations of the approach.

ABRIDGED CONTENTS
The Cultural Context of British Psychotherapy \ Psychodynamic Therapy \ The Freudian Approach \ Psychodynamic Therapy: The Kleinian Approach \ Psychodynamic Therapy: The Jungian Approach \ Adlerian Therapy \ Person-Centred Therapy \ Personal Construct Therapy \ Existential Therapy \ Gestalt Therapy \ Transactional Analysis \ Cognitive Analytic Therapy \ Cognitive Therapy \ Behaviour Therapy \ Rational Emotive Behaviour Therapy \ Solution-Focused Therapy \ Narrative Therapy \ Integrative and Eclectic Approaches \ Methods, Outcomes and Processes in the Psychological Therapies across Four Successive Research Generations \ The Training and Supervision of Individual Therapists

READERSHIP
Trainees in counselling, psychotherapy, counselling psychology, nursing, social work and education; also practising professionals

HANDBOOK OF MULTICULTURAL MEASURES
Edited by Glenn C Gamst, Christopher Liang and Aghop Der-Karabetian all at University of La Verne

Providing readers with cutting-edge details on multicultural instrumentation, theories and research in the social, behavioural and health-related fields, this Handbook offers extensive coverage of empirically-supported multicultural measurement instruments that span a wide variety of subject areas.

2011 • 688 pages
Cloth (978-1-4129-7863-5) • £95.00
SAGE Reference Online (978-1-4129-9675-4)
THE STUDENT GUIDE TO COUNSELLING & PSYCHOTHERAPY APPROACHES
Adrian Pennington

This pocket guide to modality approaches in counselling and psychotherapy is a one-stop-shop for trainees on introductory counselling courses. It describes 12 models of therapy, as well as introducing the origins of counselling and providing guidance and tips on practical issues like time-keeping, supervision, endings and boundaries. Each short, approach-specific chapter has a consistent structure that allows easy comparison and cross-referencing between the modalities. The chapters cover:
- origins and background
- big names and big ideas
- how the approach works and who it is for
- critical considerations
- identifying features
- reflection and summary
- learning ideas and suggested further reading.

CONTENTS
How to Use this Guide \ In the Beginning \ Behaviour Therapy \ Cognitive Analytical Therapy [CAT] \ Cognitive Behaviour Therapy [CBT] \ Cognitive Therapy \ Developmental Counselling \ Gestalt Therapy \ Integrative Counselling \ Psychodynamic Counselling and Psychotherapy \ Rational Emotive Behaviour Therapy [REBT] \ Transactional Analysis [TA] \ At the End \ References \ Index

READERSHIP
An introduction to theory for first-year counselling and psychotherapy trainees; also PGDip counselling trainees on specific modality courses and mental health trainees wanting an overview of different counselling approaches.

October 2012 • 128 pages
Cloth (978-1-4462-4867-6) • £55.00
Paper (978-1-4462-4868-3) • £16.99

BECOMING A COUNSELLOR
A Student Companion
Kirsten Amis

I wish I had read this book during my training! It answers so many of the questions I had wanted to ask, but didn’t because I feared I should have known the answers. Amis writes skilfully using her own experience as a trainer, counsellor and supervisor, and does so with warmth, compassion and knowledge. I strongly recommend this book for anyone in training, or contemplating it.

- Dr Andrew Reeves, Counsellor, Supervisor, Trainer and Editor, Counselling and Psychotherapy Research

Becoming a Counsellor is a one-stop reference book for all new counselling trainees. It addresses the complexities and challenges of counselling training by confronting and unpicking the many potentially daunting issues and questions faced by students throughout their training. The book covers a comprehensive range of topics, including:
- choosing a course and theoretical orientation
- clarifying roles - who’s who on the course?
- explaining common pedagogical activities and expectations
- assessment, supervision and support
- ethical and legal issues.

ABRIDGED CONTENTS
An Introduction to Counselling Training \ Starting out \ Theoretical Orientation \ Who Needs Counselling? \ Counselling Contexts \ Who’s Who on the Course \ Personal Development \ Personal Journal \ Co-Counselling \ Working on Counselling Skills \ Academic Assignments \ Ethical and Legal Issues \ Relational Issues \ Supervision and Support \ The Residential Experience \ Research \ Placement \ Certification, Registration and Accreditation \ Professional Considerations \ The End of the Course

READERSHIP
Students on introductory and foundation level courses in counselling and counselling skills; also those starting out on PGDip programmes

2011 • 248 pages
Cloth (978-1-84860-881-8) • £60.00
Paper (978-1-84860-882-5) • £18.99

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

Available as inspection copy for lecturers
HANDBOOK OF COUNSELOR PREPARATION

Constructivist, Developmental, and Experiential Approaches

Edited by Garrett McAuliffe Old Dominion University, Karen Eriksen Erikson Institute for Ethics, Radford University and the Association for Counselor Education and Supervision (ACES)

This definitive, single-volume guide is the first of its kind on teaching and developing counselor educator programmes that embrace constructivist and developmental theory.

2011 • 464 pages
Cloth (978-1-4129-9177-3) • £59.00

THEORIES OF COUNSELING AND PSYCHOTHERAPY

An Integrative Approach

Elsie Jones-Smith

This book compares and contrasts theories, showing strengths and weaknesses in a way to help students to apply them flexibly.

2011 • 696 pages
Cloth (978-1-4129-1004-0) • £65.00

THE POCKET GUIDE TO THERAPY

A ‘How to’ of the Core Models

Edited by Stephen Weatherhead and Graeme Flaherty-Jones

This is the essential companion for mental-health trainees requiring basic knowledge of the key therapeutic approaches. Placing specific emphasis on practical application, it introduces the most established therapeutic models as well as more recent additions to mainstream therapy like mindfulness and narrative therapy. The book:

- includes case examples from a wide range of settings
- is embedded with worksheets, sample questions and diagrams
- highlights the strengths and weaknesses of each approach.

ABRIDGED CONTENTS

Principles of Therapy \ Motivational Interviewing \ Cognitive-Behavioural Therapy \ Cognitive Analytic Therapy \ Psychodynamic Therapy \ Systemic Therapies \ Narrative Therapy \ Person-Centred Therapy \ Mindfulness \ Solution-Focused Brief Therapy \ Dialectical-Behaviour Therapy \ Outcomes in Therapy

READERSHIP

Trainees in mental health across counselling, psychotherapy, psychology, health, nursing and social work

2011 • 272 pages
Cloth (978-0-85702-492-3) • £65.00
Paper (978-0-85702-493-0) • £22.99

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

This Third Edition of a seminal text reflects new developments within counselling psychology. In seven sections, it covers areas such as neuroscience, narrative approaches and post-modernist thinking. Special attention has been paid to the research evidence, current debates, professional and ethical issues, theoretical and philosophical underpinnings, and illustrative case material.

ABRIDGED CONTENTS

PART ONE: WHAT IS COUNSELLING PSYCHOLOGY? \ PART TWO: TRADITION, CHALLENGE AND CHANGE \ PART THREE: DIFFERENCE AND DISCRIMINATION \ PART FOUR: DEVELOPMENTAL THEMES \ PART FIVE: OPPORTUNITIES AND TENSIONS IN DIFFERENT CONTEXTS \ PART SIX: PROFESSIONAL AND ETHICAL ISSUES \ PART SEVEN: FUTURE OPPORTUNITIES AND CHALLENGES

READERSHIP

Third-year undergraduate, masters and doctoral-level students taking courses in counselling psychology; also practitioners in the field of counselling psychology at all stages of their career and across the whole range of settings

2009 • 712 pages
Cloth (978-1-84787-078-0) • £102.00
Paper (978-1-84787-079-7) • £33.99

PLURALISTIC COUNSELLING AND PSYCHOTHERAPY

Mick Cooper University of Strathclyde and John McLeod University of Abertay, Dundee

This book comes at an opportune moment for practitioner training and practice. It will be an invaluable source text for trainees and experienced practitioners seeking support in developing their understanding of, and practice in, contemporary counselling and therapy.

- Dr Lynne Gabriel, Reader in Counselling and Relational Ethics and Chair, BACP

Mick Cooper and John McLeod pioneer a major new framework for counselling theory, practice and research - the 'pluralistic' approach. This model breaks away from the orientation-specific way in which counselling has traditionally been taught, reflecting and responding to shifts in counselling and psychotherapy training.

ABRIDGED CONTENTS

Introducing the Pluralistic Approach \ Foundations for a Pluralistic Approach \ Building a Collaborative Therapeutic Relationship \ Client Goals: The Starting Point for Therapy Tasks \ Focusing the Therapeutic Work \ Methods: Resources for Facilitating Change \ Research: Developing Pluralistic Counselling and Psychotherapy \ Supervision, Training, CPD and Service Delivery: Pluralistic Perspectives \ Discussion: Towards a New Paradigm

READERSHIP

Students at all levels in counselling and psychotherapy

2010 • 208 pages
Cloth (978-1-84787-344-9) • £68.00
Paper (978-1-84787-345-3) • £22.99
THE THERAPEUTIC ENCOUNTER
A Cross-Modality Approach

David Bott and Pam Howard both at University of Brighton

‘Some books are before their time and some are written too late, but The Therapeutic Encounter is a book “just in time”’ - Paul Stenner, Professor of Social Psychology, The Open University

This book introduces a cross-modality approach to the client-therapist encounter, drawing from humanistic, psychoanalytic, systemic and integrative approaches. Chapters introduce a range of client themes - the refusal to join in, the battle for control, the emotionally unavailable - and show how these are enacted in the relationship. The authors provide a coherent framework within which to understand both the therapeutic relationship and the principles of their approach.

ABRIDGED CONTENTS

READERSHIP
Postgraduate counselling and psychotherapy trainees

February 2012 • 120 pages
Cloth (978-0-85702-232-5) • £65.00
Paper (978-0-85702-233-2) • £22.99

THEORY AND PRACTICE OF NLP COACHING
A Psychological Approach

Bruce Grimley Chartered Occupational Psychologist and Accredited Coach

Struggling with the complexities of neurolinguistic programming (NLP)? This book demystifies the popular view of NLP, providing a clear and practical guide to understanding the psychological theories and principles that form the basis of the approach. Packed with practical hints and tips, case studies and exercises, Bruce Grimley introduces and explores:

- what is NLP coaching?
- what are the general theories and principles that underpin the NLP approach?
- how does theory transition into practice?
- what is the research evidence to say NLP coaching works?

ABRIDGED CONTENTS
Introduction to NLP \ The History of Coaching \ What is NLP Coaching? \ NLP Coaching Psychology: Theories and Principles \ NLP Pre-Suppositions \ The Meta Model \ The Milton Model \ Reframing \ The Cognitive Element \ Anchoring: The Behavioural Connection \ Eye Accessing Cues \ Meta Programs \ Modeling \ Systems Thinking \ Basic NLP Coaching Models \ Meeting Professional Coaching Standards \ Research: Who Says this all Works? \ NLP Resources \ Conclusion: Where NLP Goes from Here

READERSHIP
Trainees, coaches, psychologists and professionals wanting to develop their knowledge of this approach

December 2012 • 248 pages
Cloth (978-1-4462-0171-8) • £70.00
Paper (978-1-4462-0172-5) • £23.99

MOTIVATIONAL CAREER COUNSELLING & COACHING
Cognitive and Behavioural Approaches

Steve Sheward and Rhena Branch
Goldsmiths, University of London

This book lives up to its billing. It adds to the literature on CBT and careers counselling and will benefit practitioners in both fields

- Windy Dryden, Goldsmiths, University of London

Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients?

This book is the first to combine the theory and practice of cognitive behavioural therapy (CBT) with careers counselling, presenting cognitive and behavioural approaches to help clients think and act more effectively in challenging situations in order to obtain their goals. It provides clear strategies and a wealth of materials that can be used with clients in one-to-one or group settings.

ABRIDGED CONTENTS
Introduction to CBT Career Counselling Theory \ Enabling Clients to Succeed at Interview \ Supporting Clients in Decision-Making \ Cognitive Behavioural Approaches to Career Counselling in the Workplace \ Supporting Unemployed Clients \ Supporting Clients in Education \ Reflective Practice and Using Assessment and Self-Help Tools \ Ethical Issues \ Career Counselling and Coaching for Self-Care

READERSHIP
Trainees studying for a careers guidance qualification as well as CBT trainees who wish to use this approach in careers counselling

April 2012 • 224 pages
Cloth (978-1-4462-0181-7) • £65.00
Paper (978-1-4462-0182-4) • £22.99

UNDERSTANDING ASSESSMENT IN COUNSELLING AND PSYCHOTHERAPY

Sofie Bager-Charleson and Biljana van Rijn both at Metanoia Institute

This book offers students and trainees a thorough guide to clinical assessment. It covers different types of clinical assessment and explores the implications of the alternative views on clients' needs and treatment. It explores clinical assessment as an 'art and science' and brings the reader up to date with new requirements placed on therapists in both organisational and clinical practice-based settings. In addition to outlining models for clinical assessment, it looks at the use of evidence-based practice in assessments. There are sections on doing assessments within organisations as well as from private practice.

ABRIDGED CONTENTS
Introduction \ The Role of the Assessor in Private Practice \ ‘Diagnosing’ Problems \ Treatment - Illuminating Shaded Areas? \ Assessment in Organisations: An Overview \ Conducting an Assessment \ Assessment Skills

READERSHIP
Counsellors in training

A LEARNING MATTERS PUBLICATION
COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES

2011 • 152 pages
Paper (978-0-85725-473-3) • £16.99
PROGRAM DEVELOPMENT IN THE 21ST CENTURY
An Evidence-Based Approach to Design, Implementation and Evaluation
Nancy G Calley
University of Detroit, Mercy
Using a unique, 14-step model, the author guides readers through every stage of the process, from identifying a need, establishing a research basis and designing the clinical programme through implementing, evaluating and sustaining it.
2011 • 544 pages
Paper (978-1-4129-7449-3) • £43.99

SOCIAL JUSTICE COUNSELING
The Next Steps Beyond Multiculturalism
Rita Chi-Ying Chung and Fred Bemak
George Mason University, Australia
Addressing issues of social class, race and ethnicity among others, this book reflects the shift in recent years towards social justice counselling for all mental health professionals.
December 2011 • 288 pages
Paper (978-1-4129-9952-6) • £25.99

Additional Materials
Many of our textbooks are supported by accompanying websites which contain extra resources to assist lecturers with the planning of lectures and to help promote student learning. Additional material typically includes:

- PowerPoint slides
- Testbanks of questions
- Instructor’s manual or teaching notes
- Case studies
- Glossaries
- Free online readings from leading SAGE journals
- Weblinks
- Sample exams
- Data sets

A current list of textbooks with accompanying websites is available at www.sagepub.co.uk/companionsites.sp
Therapeutic Counselling for Women

Rani Dhavan Shankardass Secretary, General Penal Reform and Justice Association, Gurgaon, India and President, Penal Reform International, London

Myriads of unhappy women feel overwhelmed by formal legal processes and a criminal justice system they believe to be ridden with gender and other biases. In Conflict and Custody recommends agenda-free professional counselling as the most constructive method of addressing the mental health issues of women in two problematic contexts in Indian society – conflict and custody.

The book imparts theoretical and practical guidance for trainers and would-be counsellors to equip them for therapeutic counselling of women faced with a range of personal, social and legal problems. It demonstrates how professionally conducted therapeutic intervention can be the most empathetic way of enabling and empowering distressed women to take charge of their lives.

ABRIDGED CONTENTS

- Introductory Insights
- Theoretical and Experiential Fundamentals Relating to Women and Mental Health
- Definitions, Aims and Approaches
- Structuring and Getting Started
- Conflict Resolution and Mediation
- Women in Prisons
- Selecting and Training Counsellors

READERSHIP

Students, academics and researchers in counselling, psychotherapy and women’s issues, NGOs and policy makers

May 2012 • 336 pages
Paper (978-8-13-210889-4) • £14.99
STANDARDS AND ETHICS FOR COUNSELLING IN ACTION

Third Edition
Tim Bond University of Bristol

Since it first appeared in 1993 this text has been the leading guide to counselling ethics. Developed in line with the BACP’s own guidelines, its discussion of a wide range of ethical problems and advice on identifying and resolving these dilemmas has made it an invaluable resource. In this fully revised and updated edition, the author takes account of the changing legal, professional and cultural context of counselling and considers recent developments in law concerning the implementation of the Human Rights Act and child protection that impact on counselling.

ABRIDGED CONTENTS
PART ONE: THE BACKGROUND \ 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 \ 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

READERSHIP
Practising and trainee counsellors, psychotherapists and counselling psychologists

COUNSELLING IN ACTION SERIES
2009 • 280 pages
Cloth (978-1-4129-0238-0) • £81.00
Paper (978-1-4129-0239-7) • £26.99

DECODING THE ETHICS CODE
A Practical Guide for Psychologists

Updated Second Edition
Celia B Fisher Fordham University

This special update of the Second Edition covers the new guidelines and terminology regarding human rights and recognises the controversial requirement to disobey laws if they are inconsistent with human rights.

2011 • 408 pages
Paper (978-1-4129-9437-8) • £35.99

ETHICS IN COUNSELING AND THERAPY

Developing an Ethical Identity
Rick A Houser and Stephen Thoma both at University of Alabama

This book develops students’ ethical competence through an understanding of theory. The author helps the counsellor form his or her own ethical identity by presenting a theoretical framework that draws on theories from disciplines such as philosophy, sociology and moral psychology.

June 2012 • 536 pages
Cloth (978-1-4129-8137-8) • £58.00

ANTIDISCRIMINATORY PRACTICE IN COUNSELLING AND PSYCHOTHERAPY

Second Edition
Edited by Colin Lago University of Sheffield and Barbara Smith

Antidiscriminatory Practice in Counselling and Psychotherapy is a groundbreaking text which identifies the ease with which individuals can be disadvantaged merely on the basis of their gender, race, culture, age, sexuality or ability. Examining these and other areas of discrimination, leading experts highlight how vital it is for counsellors, psychotherapists - and others in the helping professions - to be aware of and engage with their own social, political and cultural attitudes, and how they must develop their skills as culturally sensitive, reflective practitioners if counselling is to be truly accessible to all members of society.

Each thought-provoking chapter now:
• links theory to practice by providing case studies and extracts from therapeutic dialogues
• assesses the most recent research findings
• provides exercises for enhancing awareness and skills within each different domain or care setting
• presents references for further recommended reading.

ABRIDGED CONTENTS
Ethical Practice and Best Practice \ Anti-Discriminatory Practice Revisited \ Racism as a Trauma \ Child-Centred Practice \ Sexualities, Sexual Identities and Gender \ Working with Women \ Disfigurement and Visible Difference \ Therapy with Seriously Distressed Clients \ Counselling, Psychotherapy and Religion \ Counselling Older People \ Working with Refugees \ Class and Counselling \ Therapy, Disability and Ethnicity \ Multiple Identities and Anti-Discriminatory Counselling Practice \ Critical Thinking

READERSHIP
Students on diploma and masters-level counselling courses; also practising counsellors and psychotherapists

PROFESSIONAL SKILLS FOR COUNSELLORS SERIES
2010 • 184 pages
Cloth (978-1-84860-768-2) • £68.00
Paper (978-1-84860-769-9) • £22.99
ESSENTIAL LAW FOR COUNSELLORS AND PSYCHOTHERAPISTS

Barbara Mitchels Solicitor and Director, Watershed Counselling Service and Tim Bond University of Bristol

'A comprehensive and easily readable text for all practitioners practising the talking therapies. It will prove to be an essential reference in this evermore demanding field where therapists are coming into contact with the law in their everyday work' - Sandi Toksvig, Vice President of BACP, Writer and Broadcaster

This third book in the authoritative BACP Legal Resources for Counsellors and Psychotherapists series provides a user-friendly guide to the law for all those practising and training in the counselling profession. The book makes legal issues relevant and brings them alive. Packed with practical examples, it helps the reader to understand and address legal issues that may arise in their practice and assists them in finding any additional resources they may need.

ABRIDGED CONTENTS

Law and Ethics \ Public Interest and Professional Standards \ Liability in Tort: Negligence \ Contracts \ Therapists and Criminal Activity \ Insurance \ Premises \ Self-Employed Therapists \ Therapist as Employer / Employee \ Dealing with Legal Claims

READERSHIP

Trainee counsellors and practitioners of counselling and psychotherapy

LEGAL RESOURCES FOR COUNSELLORS & PSYCHOTHERAPISTS

2010 • 176 pages
Cloth (978-1-84660-885-6) • £82.00
Paper (978-1-84660-886-3) • £19.99

LEGAL ISSUES ACROSS COUNSELLING & PSYCHOTHERAPY SETTINGS

A Guide for Practice

Barbara Mitchels Solicitor and Director, Watershed Counselling Service and Tim Bond University of Bristol

Helping practitioners move between different practice settings, the fourth book in the BACP Legal Resources for Counsellors and Psychotherapists series explores how the legal framework within which they work varies across contexts. It introduces the statutory structure and obligations of different types of counselling and psychotherapy services, setting out implications for practice. For each setting, the book considers the statutory basis, how the legal framework impacts on services to clients, responsibility for decision-making, and the restrictions and empowerment of therapists and clients within the context of that setting.

ABRIDGED CONTENTS

Private Practice \ Commercial and Employee Assistance Programme Provision \ Voluntary Work \ Working with Adults in the Context of Social Care Agencies \ Education \ The National Health Service and Private Health Care \ Counselling in Spiritual or Pastoral Settings \ Working with Children and Young People \ Adoption Support Services \ Forensic Work \ Counselling in Police and Home Office Settings

READERSHIP

Anyone studying counselling, psychotherapy or clinical psychology, as well as practitioners working across a range of practice settings

LEGAL RESOURCES FOR COUNSELLORS & PSYCHOTHERAPISTS

2011 • 232 pages
Cloth (978-1-84920-624-2) • £21.99
Paper (978-1-84920-623-5) • £65.00

CREATIVE ETHICAL PRACTICE IN COUNSELLING & PSYCHOTHERAPY

Patti Owens, Bee Springwood and Michael Wilson

[This book] is both a helpful and practical guide, encouraging a deep enquiry into the values that counsellors and psychotherapists bring to their work and, at the same time, a source of wisdom in its own right, one that draws on the evidently rich experience of the authors - Sean Maloney, UKCP Registered Psychotherapist and Supervisor, and Chair of Ethics for the Karuna Institute

Can I be a creative therapist without overstepping boundaries and risking complaints?
Can I practise safely and ethically whilst remaining true to my humanistic values?

This book answers ‘yes’ by offering a safety net to trainees and therapists working in the context of today’s ‘complaints culture’. Exploring what safe and creative practice means in relation to the key cornerstones in therapy, the authors offer practical guidance to assist the reader in reflecting on and negotiating the challenges of boundaries, legalities and defensive practice. Creative Ethical Practice for Counselling and Psychotherapy considers the necessary structures and processes that must inform creative, humanistic practice for it to be a safe, ethical therapeutic framework. Packed with reflective exercises, summaries, case examples and step-by-step guidance, the book takes the reader from establishing the therapeutic relationship to worst-case scenarios like complaints procedures and legal action. It is essential reading for legal and ethical modules on all counselling courses.

ABRIDGED CONTENTS

Contemporary Therapeutic Practice \ Cornerstones of Therapy \ Creating and Maintaining Therapy Agreements \ Framing the Therapeutic Process \ Dealing with Mistakes in Therapeutic Practice \ Reviewing Your Practice and Looking Forward

READERSHIP

Postgraduate trainees in counselling and psychotherapy

March 2012 • 136 pages
Cloth (978-1-4462-0201-2) • £60.00
Paper (978-1-4462-0202-9) • £19.99

Request one of our new catalogues online at www.sagepub.co.uk or phone us on +44 (0)20 7324 8500

Available as inspection copy for lecturers
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. There are chapters on bringing the self into therapy, choosing the right training and how to succeed as an accredited practitioner. Activities and research summaries throughout give this book a fully integrated approach ideal for busy students.

CONTENTS

Introduction \ Learning an ‘Impossible’ Profession \ What is the Point of ‘Reflective Learning’? \ Bringing Self into Therapy \ Choosing the Right Training for You - and Your Clients \ Developing into, and Holding onto, the Status of an Accredited Practitioner \ Being a Listener with a Voice \ Taking Charge of Your Own Learning and Development \ Conclusion

READERSHIP
All counselling and psychotherapy trainees from certificate to postgraduate level

March 2012 • 224 pages
Cloth (978-0-85702-327-8) • £65.00
Paper (978-0-85702-328-5) • £20.99
**PERSONAL DEVELOPMENT IN COUNSELLOR TRAINING**

*Second Edition*

Hazel Johns  *University of Bristol*

This really is an excellent book without equal. The title belies its wide appeal and potential value. Experienced trainers and practitioners will find much to challenge their ingenuity and refresh ways of enhancing what Johns describes as the "life-long and career-long process" of personal development. This Second Edition expands significantly on the first edition. It's well organised and written in a clearly accessible and engaging style. For me it has always been a "must buy!"

- Ian Horton, formerly of University of East London

This book provides the answers to that all-important question: What are personal and professional development and why are they necessary for counsellors? The new edition explores:

- the importance of personal development and the core concepts that underpin it
- the aims, commonalities and differences of personal development in different settings and levels of training
- the key differences in theoretical approaches and their implications for personal development
- communication and relationships between counsellors and professional organizations, society and the "virtual" world, with all its demands on identity, privacy and congruence
- the trainer and trainer and the challenges of personal development.

**ABRIDGED CONTENTS**

The Contexts of Counselling Training \ Why Personal Development? \ Communication and Relationships in the 2010s \ Counselling Training: Aims and Levels \ Theoretical Differences and Personal Development \ Trainers and Personal Development \ Trainers and Their Courses \ A Curriculum for Personal Development: Contraction or Paradox? \ Personal Development through Individual Experiential \ Personal Development through Structured Activities \ Personal Development through Groups

**READERSHIP**

Counselling trainees and practitioners

**COUNSELLOR TRAINER & SUPERVISOR**

January 2012 • 216 pages

Cloth (978-0-85702-496-1) • £70.00

Paper (978-0-85702-497-8) • £24.99

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**THE COUNSELING SKILLS PRACTICE MANUAL**

David Hutchinson  *Johnson State College, Vermont*

This is a practical guide for students who are working on improving their counselling skills. The manual works directly with the student, offering a discussion of each skill set along with examples and practice exercises. It will help students become more competent in their use of counselling skills and feel more comfortable and confident in their roles as emerging counselling professionals.

January 2012 • 128 pages

Paper (978-1-4522-1687-4) • £25.99

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**COUNSELING SKILLS FOR TEACHERS**

*Second Edition*

Jeffrey A Kottler and Ellen Kottler both at California State University, Fullerton

Relationship building is key to the successful mentoring and teaching of today's youth. This book is an indispensable reference for both students in teacher education programs and experienced classroom teachers

- David Capuzzi, Counseling and Human Services, Johns Hopkins University

**A CORWIN PUBLICATION**

2007 • 160 pages

Cloth (978-1-4129-4921-7) • £46.99

Paper (978-1-4129-4922-4) • £20.99

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**PRACTICAL COUNSELLING AND HELPING SKILLS**

*Fifth Edition*

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

The new Fifth Edition shows Richard Nelson-Jones at his very best: clear, concise and helpful in a practical way. I strongly recommend this text

- Windy Dryden, Professor of Counselling, Goldsmiths, University of London

The Fifth Edition of this bestselling title presents the core skills needed to be a successful counsellor. Fully revised and updated, the text is based on the Relationship-Understanding-Changing (RUC) lifeskills counselling model. This provides a systematic approach for clients to develop specific life skills to change how they feel, think, communicate and act, and this book provides ways for the counsellor to facilitate this change.

**ABRIDGED 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 Analysis of Problems \ PART FOUR: THE CHANGING STATE \ Plan Interventions \ Deliver Interventions \ Interventions for Thinking \ Interventions for Communication and Actions \ Interventions for Feelings \ Systematic Desensitization \ Negotiate Homework \ Conduct Middle Sessions \ End and Client Self-Helping \ PART FIVE: FURTHER CONSIDERATIONS \ Ethics in Practice and Training \ Diversity-Sensitive Counselling and Helping \ Supervision \ Personal Counselling and Continuing Professional Development

**READERSHIP**

Undergraduate students on counselling, counselling psychology and psychotherapy courses

2005 • 512 pages

Cloth (978-1-4129-0388-2) • £94.00

Paper (978-1-4129-0387-5) • £29.99
From leading skills expert Richard Nelson-Jones, this Third Edition remains the most accessible and practical introduction to the basic counselling skills essential for the helping professions. Steeped in vivid case examples, experimental activities and therapeutic dialogue, the book provides a thorough, step-by-step guide to the subject, working through each stage of the helping process. The key skills covered include:

- starting, structuring and summarizing the helping process
- active listening
- offering challenges and feedback
- facilitating problem solving
- improving clients' self-talk, rules and perceptions
- coaching, demonstrating and rehearsing
- managing resistance and changing referrals
- conducting middle sessions and terminating help.

Accessible, practical and concise, this bestselling book also discusses ethical issues and dilemmas, multicultural and gender-aware helping, providing a master class for anyone using counselling skills in the course of their work.

CONTENTS

PART ONE: INTRODUCTION | What Are Counsellors and Helpers? | What Are Basic Counselling Skills? | Helpers and Clients as Diverse Persons | What You Bring to Counselling and Helping | The Helping Relationship | The Helping Process | PART TWO: SPECIFIC COUNSELLING SKILLS | Understanding the Internal Frame of Reference | Showing Attention and Interest | Paraphrasing and Reflecting Feelings | Starting, Structuring and Summarizing | Asking Questions | Monitoring | Offering Challenges and Feedback | Self-Disclosing | Managing Resistances and Making Referrals | Facilitating Problem Solving | Coaching, Demonstrating and Rehearsing | Training Clients in Relaxation | Improving Clients' Self Talk | Improving Clients' Rules | Improving Clients' Perceptions | Negotiating Homework | Conducting Middle Sessions | Terminating Helping | PART THREE: FURTHER CONSIDERATIONS | Ethical Issues and Dilemmas | Multicultural and Gender Aware Helping | Getting Support and Being Supervised | Becoming more Skilled | Appendix 1: Annotated Bibliography | Appendix 2: Professional Associations in Britain, Australia and America

READERSHIP

Undergraduate students in a range of different disciplines, from introductory counselling courses through to certificate/diploma and up to BA counselling studies courses; also students on nursing and HNC social care courses and social work courses with a counselling communication skills component

SIX KEY APPROACHES TO COUNSELLING AND THERAPY

Second Edition

Richard Nelson-Jones Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy

This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice:

- cognitive therapy and solution-focused therapy from the cognitive-behavioural school
- person-centred and Gestalt therapy from the humanistic school
- Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school.

ABRIDGED CONTENTS

Introducing Counselling and Therapy Approaches | Freud's Psychoanalysis | Jung's Analytical Therapy | Person-Centred Therapy | Gestalt Therapy | Cognitive Therapy | Solution-Focused Therapy | Evaluation | Eclecticism and Integration

READERSHIP

Students on introductory level courses in counselling and psychotherapy and counselling psychology; also those taking modules on courses in the allied health/helping professions such as mental health, nursing and social work.

COLLABORATIVE HELPING SKILLS

David Pare

Collaborative Helping Skills is a key text for courses in the helping professions that will help students learn the basic skills of helping.

This book has a focus on developing skills that are collaborative by involving the client in the helping process/solution and it has an integrated focus on multicultural skills and social justice. The book first outlines the basic process of counselling and counsellor self-care, then goes into conversation and counselling, receiving, attending, listening, positive regard, empathy and connection. The author then moves onto the basics of developing a relationship with the client as well as relating to the experience. Finally, the book moves toward the treatment-planning stage via a shared experience by involving the client in the process.

Every chapter contains the following pedagogy:

- case study
- sample dialogue
- chapter objectives
- boxed capsules to highlight key skills
- reflections on practice
- experiential exercises
- questions for reflection
- video demonstrations.

READERSHIP

Students in counselling, psychotherapy and social work

November 2012 • 448 pages

Paper (978-1-4129-9509-2) • £52.00
Counselling Skills / Counselling in a Nutshell Series

DEVELOPING YOUR COUNSELLING & PSYCHOTHERAPY SKILLS & PRACTICE
Ladislav Timulak Trinity College

This book offers a helping hand to trainees wishing to make the transition to the next level in their counselling and psychotherapy training. With wide-ranging content aligned to actual practice, this text covers the research-informed skills, interventions, processes and issues that students need to know once they have covered the basics. It includes:

• specific techniques from different therapeutic orientations
• advice on how to tailor the skills used to the specific client problem
• case conceptualization and management
• how to deal with situations such as silence, crying and aggression.

ABRIDGED CONTENTS
PART ONE: INTRODUCTION \ Current Psychotherapy and Counselling \ PART TWO: BASIC SKILLS OF CONDUCTING PSYCHOTHERAPY AND COUNSELLING \ Building the Therapeutic Alliance \ Case Conceptualization \ Ethical Aspects of Psychotherapy and Counselling \ Interventions, Facilitating, Exploration and Understanding \ Promotion of Change and Its Application outside the Therapy Session \ Specific Therapeutic Techniques \ PART THREE: ADJUSTING THERAPEUTIC STRATEGY \ Specific Situations in the Process of Therapy \ Specifics of Psychotherapy and Counselling for Some Psychological Disorders and Difficulties

READERSHIP
Postgraduates on counselling and psychotherapy diplomas and masters courses; also clinical and counselling psychology students

2010 • 248 pages
Cloth (978-1-84860-623-4) • £67.00
Paper (978-1-84860-624-1) • £21.99

PERSON-CENTRED COUNSELLING IN A NUTSHELL
Second Edition
Roger Casemore University of Warwick

‘This handy little book provides an accessible overview to many of the central tenets of person-centred practice and the philosophy that underpins it’ - Peter Pearce, Metanoia Institute

Person-Centred Counselling in a Nutshell is a short, accessible guide to one of the most popular approaches to counselling. Using examples drawn from practice, Roger Casemore outlines, in a clear, jargon-free style, the main principles of the person-centred approach, using the core therapeutic conditions: congruence; unconditional regard; and empathy.

This Second Edition includes new material on professional issues, on the use of person-centred counselling in short-term therapy, and on the wider application of the person-centred approach.

ABRIDGED CONTENTS
An Overview of the Person-Centred Approach to Counselling and to Life \ The Beliefs Underpinning the Person-Centred Approach \ Beginning the Counselling Relationship \ The Challenge of the Three Central Conditions \ The Process of Personality Change in Counselling and in Life \ The Relationship Is the Therapy

READERSHIP
Anyone reading about the person-centred approach for the first time

COUNSELLING IN A NUTSHELL
2011 • 144 pages
Cloth (978-1-84920-734-8) • £55.00
Paper (978-1-84920-735-5) • £12.99

GESTALT COUNSELLING IN A NUTSHELL
Gaie Houston Gestalt Centre, London

This pocket-sized book is the beginners guide to the essentials of Gestalt therapy, from its principles to practice. Assuming no previous knowledge of the subject, the book introduces the origins of the approach, the key theory and concepts, and the skills and techniques important to practice.

Written in an accessible, jargon-free style, this book includes vivid case examples, end of chapter exercises and a glossary of terms to help aid understanding.

ABRIDGED CONTENTS
Human Nature and Gestalt \ Gestalt Therapy Theory \ Assessment \ Gestalt Dialogue \ Anxiety, Excitement and Experiment \ Integration and Evolution of Gestalt

READERSHIP
Anyone reading about gestalt therapy for the first time

COUNSELLING IN A NUTSHELL
October 2012 • 112 pages
Cloth (978-1-4462-0837-0) • £55.00
Paper (978-1-4462-0838-0) • £12.99

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 therapy 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.

COUNSELLING IN A NUTSHELL
Second Edition
Windy Dryden Goldsmiths, University of London

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 the law and policy, a discussion of the types of clients who come for counselling, and provides an insight into how clients themselves experience the counselling process.

ABRIDGED CONTENTS
The Components of Counselling in a Nutshell \ Bonds \ Views \ Goals \ Tasks \ Counselling as a Process \ A Final Note

READERSHIP
Anyone considering becoming a counsellor, trainee counsellors at the beginning of their studies and anyone wanting to know more about counselling

COUNSELLING IN A NUTSHELL
2010 • 144 pages
Cloth (978-0-85702-114-4) • £37.00
Paper (978-0-85702-115-1) • £13.99

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COGNITIVE THERAPY IN A NUTSHELL
Second Edition

Michael Neenan Centre for Stress Management, Blackheath, London and Windy Dryden Goldsmiths, University of London

Cognitive Therapy in a Nutshell is a concise introduction to one of the most widely practised approaches to counselling and psychotherapy. Michael Neenan and Windy Dryden explain the model and the core techniques used during the therapeutic process to:

- elicit and examine negative automatic thoughts
- uncover and explore underlying assumptions, rules and core beliefs (schemas)
- maintain gains from therapy.

ABRIDGED CONTENTS
The Components of Counselling in a Nutshell \ Bonds \ Views \ Goals \ Tasks \ Counselling as a Process

READERSHIP
Anyone reading about the cognitive-behavioural therapy approach for the first time, whether on undergraduate, certificate, foundation or postgraduate courses in counselling and counselling skills; also other health trainees within mental-health nursing and social work

COUNSELLING IN A NUTSHELL
2010 • 128 pages
Cloth (978-0-85702-337-7) • £57.00
Paper (978-0-85702-338-4) • £13.99

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

**Series in Counselling & Psychotherapy**

**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 IN ACTION SERIES**
Series Editor: Windy Dryden
SAGE Counselling in Action is a bestselling series of short, practical books developed especially for students and trainees. They have become core texts for many courses, both in counselling and other professions such as nursing, social work, education and management.

**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.

**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 PRACTICE SERIES**
Series Editor: Windy Dryden
Associate Editor: E Thomas Dowd
This series focuses on specific client problem areas. The volumes transcend particular counselling approaches to explore ways of working with clients from a broad theoretical framework.

**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.
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 conceptualised and worked with by practitioners from that approach.

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.

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.

DEVELOPING COUNSELLING SERIES
Series Editor: Windy Dryden
Developing Counselling is an innovative series of books which provides counsellors and counselling trainees with practical hints and guidelines on the problems they face in the counselling process.
PERSON-CENTRED THERAPY AND CBT

Siblings not Rivals

Roger Casemore and Jeremy Tudway
both at University of Warwick

Why do I need to learn about cognitive behavioural therapy (CBT)? What can cognitive behavioural techniques contribute to my counselling training and practice?

This book has the answers, showing humanistic and integrative therapists and trainees how to get to grips with CBT. Responding to the growing need for integrative eclectic practice, person-centred therapist and author Roger Casemore joins forces with CBT trainer Jeremy Tudway to show how counsellors can incorporate relevant cognitive and behavioural skills into their work without betraying their humanistic values.

ABRIDGED CONTENTS

Experiences of Misunderstandings, Conflicts, Prejudices and Disrespect about and between the Two Approaches \ The Basic Philosophies of Each of the Approaches \ The History and Development of the Approaches \ The Underpinning Theories - Dissonance and Complementarity \ CBT and Person-Centred Counselling in Action \ Formulation and Assessment \ Therapy versus Working Therapeutically \ A Dialogue on Similarity and Difference \ Reflections

READERSHIP

Anyone studying CBT modules on counselling and psychotherapy courses, or wishing to adapt or structure their practice for multi-disciplinary, NHS, time-pressured or improving access to psychological therapies-focused settings

September 2012 • 192 pages
Cloth (978-0-85702-391-9) • £65.00
Paper (978-0-85702-392-6) • £23.99

WORKING AT RELATIONAL DEPTH IN COUNSELLING AND PSYCHOTHERAPY

Dave Mearns and Mick Cooper
both at University of Strathclyde

The book represents a “gentle revolution”. The gentleness comes from its lack of stridency and from its inclusiveness, and the radical quality is that person-centred therapy in particular, and all therapeutic work in general, cannot be the same again

Working at Relational Depth in Counselling and Psychotherapy 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’, the authors 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.

ABRIDGED CONTENTS

Towards a Relational Therapy \ Psychological Distress \ The Nature and Experience of Relational Depth in Counselling and Psychotherapy \ Reaching the Parts \ Working with Domin \ Earning the Right to Work with Rick \ Facilitating a Meeting at Relational Depth \ The Therapist’s Developmental Agenda \ Towards a Revolution

READERSHIP

Trainees and practitioners of all orientations in counselling and psychotherapy

2005 • 200 pages
Cloth (978-0-7619-4458-4) • £23.99
Paper (978-0-7619-4458-4) • £23.99

PERSON-CENTRED COUNSELLING IN ACTION

Third Edition

Dave Mearns
University of Strathclyde

Brian Thorne
Norwich Centre for Personal and Professional Development

If new to counselling, this is a “must have”. If wondering whether to invest in this edition when there is already a copy of the earlier one on the shelf, the challenge of the new theoretical material is persuasive, but if that is not enough, then the updated practice guidance, the practical questions and answers, and the comprehensive references must make this new edition another bestseller

It is now almost 20 years since the first edition of Person-Centred Counselling in Action appeared. In that time, this bestseller has maintained enormous popularity with trainees and practitioners and has achieved worldwide acclaim. This substantially revised Third Edition provides an excellent introduction to the theory and practice of person-centred counselling while incorporating exciting new developments in the approach.

Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors. At the same time, they provoke reflection on many of the key issues which concern not only person-centred practitioners but those across the whole counselling and psychotherapy field.

Features new to this edition include:
- the inclusion of ‘relational depth’, a key development for the person-centred approach and counselling generally
- extended discussion of the counsellor’s use of self
- a new chapter containing the authors’ answers to frequently asked questions
- the inclusion of diversity issues covering religion, gender and sexual orientation
- further reading suggestions.

ABRIDGED CONTENTS

The Person-Centred Approach: A Contemporary Review and Basic Theory \ Recent Developments in Person-Centred Theory \ The Counsellor’s Use of the Self \ Empathy \ Unconditional Positive Regard \ Congruence \ ‘Beginnings’ \ ‘Middles’ \ ‘Endings’

READERSHIP

Trainees, trainers and practitioners of counselling, psychotherapy and counselling psychology

COUNSELLING IN ACTION SERIES

2007 • 264 pages
Cloth (978-1-4129-2854-0) • £70.00
Paper (978-1-4129-2855-7) • £23.99
SKILLS IN PERSON-CENTRED COUNSELLING & PSYCHOTHERAPY

Second Edition
Janet Tolan Consultant, Private Practice

A classic text - now updated to address some key developments and debates in the contemporary person-centred field. Accessible, practical and inspiring, this book will be an invaluable read for all trainees of the approach

- Mick Cooper, Professor of Counselling, University of Strathclyde

‘With two superb new chapters (and a third substantially revised), clarifications to some points of theory and up-to-date and comprehensive guides to further reading, this accessible, contemporary and imaginative introduction to the skills of person-centred therapy is a masterpiece’

- Paul Wilkins, Consultant and Private Practitioner, Manchester

This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counselling practice. Now in its Second Edition, this step-by-step guide takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways that are thoroughly grounded in person-centred principles.

Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions. Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well, this edition contains two new chapters: ‘Debates and Developments in Practice’ and ‘Edgy and Ethical Issues’.

CONTENTS
The Theoretical Framework \ Empathy \ Empathic Understanding \ Congruence \ Congruence in Practice \ Unconditional Positive Regard \ Psychological Contact - Basic and Cognitive Contact \ Psychological Contact - Emotional and Subtle Contact \ The Therapeutic Process \ Beginnings and Endings \ Professional Issues \ Managing the Work in an Organization \ Ethical Practice \ Debates and Developments in Practice

READERSHIP
Practitioners and trainee therapists interested in a person-centred approach

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES
January 2012 • 216 pages
Cloth (978-1-84860-094-2) • £70.00
Paper (978-1-84860-095-9) • £23.99

CARL ROGERS
Third Edition
Brian Thorne Norwich Centre for Personal and Professional Development and Pete Sanders

As founder of the person-centred approach, Carl Rogers (1902-1987) is arguably the most influential psychologist and psychotherapist of the 20th century. This book provides unique insights into his life and a clear explanation of his major theoretical ideas. This Third Edition is co-authored by Brian Thorne and Pete Sanders, leading person-centred practitioners and bestselling authors. Pete Sanders contributes a new chapter ‘the ongoing influence of Carl Rogers’, covering topics such as research, the emerging tribes in person-centred tradition, and its interaction with the medical profession.

ABRIDGED CONTENTS
The Life of Carl Rogers \ Rogers’ Major Theoretical Contributions \ Rogers’ Major Practical Contributions \ Criticisms and Rebuttals \ The Overall Influence of Carl Rogers \ A Select Bibliography of the Works of Carl Rogers \ Important Events in the Life of Carl Rogers \ Carl Rogers’ Ongoing Influence

READERSHIP
All practitioners and students of the person-centred approach

KEY FIGURES IN COUNSELLING AND PSYCHOTHERAPY SERIES
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CLIENT ISSUES IN COUNSELLING AND PSYCHOTHERAPY
Person-centred Practice
Edited by Janet Tolan Consultant, Private Practice and Paul Wilkins Manchester Metropolitan University

A long-awaited, magnificent text…. I can’t recommend it highly enough

- Colin Feltham, Emeritus Professor of Critical Counselling Studies, Sheffield Hallam University

This is the first book to focus on commonly occurring client issues and explore how to work with them from a person-centred perspective. Extensive case studies translate person-centred theory into effective practice, enabling therapists to work successfully with clients presenting a variety of different problems.

ABRIDGED CONTENTS
PART ONE: LIFE EVENTS \ A Person-Centred Approach to Loss and Bereavement \ Person-Centred Approaches to Trauma, Critical Incidents and PTSD \ Person-Centred Therapy with Adults Sexually Abused as Children \ PERSON-CENTRED THERAPY WITH PEOPLE EXPERIENCING DEPRESSION: When You Can’t Just Snap Out of It \ Anxiety and Panic: Person-Centred Interpretations and Responses \ Person-Centred Approaches to Different Realities \ PART THREE: BEHAVIOURAL REACTIONS TO LIFE EVENTS \ Working with Drug and Alcohol Issues \ Working with Clients Who Have Eating Problems \ A Person-Centred Perspective on Self-Injury \ Person-Centred Therapy in Practice

READERSHIP
Counselling and psychotherapy trainees and practitioners

2011 • 184 pages
Cloth (978-1-84860-026-3) • £60.00
Paper (978-1-84860-027-0) • £19.99

21
This bestselling text is a lively and authoritative introduction to the approach, beginning with the theoretical and philosophical basis of Gestalt. It clearly sets out the six main phases of the therapeutic process, introducing readers to a client ‘Gary’ whose case is used throughout the book to illustrate the process of therapy and the techniques used in each of the phases.

ABRIDGED CONTENTS
Introduction to Gestalt \ Fundamentals of the Gestalt Approach to Counselling \ The Healthy Cycle and its Application to the Counselling Process \ Dysfunctions and Disturbances in the Cycle \ Sensation and the Necessary Preconditions for Counselling \ Awareness and the Initial Phases of the Counselling Process \ Mobilization and the Post-Preliminary Phases of the Counselling Process \ Action and the Middle Phases of the Counselling Process \ Final Contact and the Later Phases of the Counselling Process \ Satisfaction and the Perfunctive Phases of the Counselling Process \ Withdrawal and the Final Phases of the Counselling Process \ Responsibility and Freedom in Counselling \ Concluding Reflections on Gestalt’s Future Frontiers

READERSHIP
Students and practitioners in Gestalt counselling and psychotherapy

SKILLS IN GESTALT COUNSELLING & PSYCHOTHERAPY
Second Edition
Phil Joyce Metanoia Institute and Charlotte Sills Metanoia Institute and Ashridge College

This is a practical introduction to the application of the Gestalt approach at each stage of the therapeutic process. Taking the reader through these stages, the book focuses on skills that arise out of Gestalt theory as well as those invoked by the therapeutic relationship.

ABRIDGED 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 \ Modifications to Contact \ Unfinished Businesses \ Transference and Counter-Transference \ Body Process \ Working with Dreams \ Using Supervision and Identifying Your Personal Style \ Research and Reflection \ Ending the Journey \ PART TWO: WORKING WITH DISTURBED AND DISTURBING CLIENTS \ Managing and Assessing Risk with Disturbing Clients \ Depression and Anxiety \ PART THREE: GESTALT PRACTICE IN CONTEXT \ Brief Therapy \ Diversity, Culture and Ethics \ Spiritual Counselling \ Coaching

READERSHIP
Students on counselling and counselling skills courses, especially those training in Gestalt or humanistic therapy

GESTALT THERAPY
Therapy of the Situation
Georges Wollants
‘This welcome new book is a valuable addition to the literature of Gestalt therapy and deserves to become widely known and read. It will deepen understanding, educate therapists and change people’s thinking... Georges Wollants has written not just a good book but a great one’

- Malcolm Parlett, British Gestalt Journal

This seminal textbook on Gestalt therapy refreshes the theory of Gestalt therapy revisiting its European roots. Taking the basic premise that people do the best they can in relation to their own life and suggesting how that concept may be usefully applied, the author brings in his extensive knowledge of European philosophers and psychologists to offer a unique insight.

ABRIDGED CONTENTS
From a Mono-Personal Approach to a Therapy of the Situation \ The Developing Situation \ Damaging Situations - Disordered Person-World Interactions \ Concepts of Gestalt Therapy Revised \ The Bodying Forth of the Situation \ The Therapeutic Situation in Practice

READERSHIP
Trainees in humanistic and integrative counselling and psychotherapy as well as those studying pastoral care
AN INTRODUCTION TO TRANSACTIONAL ANALYSIS

Helping People Change

Phil Lapworth Private Practice and Charlotte Sills Metanoia Institute and Ashridge College

Now in its Second Edition, this book is established reading for any practitioner or trainee wishing to develop his/her own personal style of working. Offering clear strategies for integration rather than a new therapeutic model, this practical new edition:
• puts added emphasis on the integrative framework and procedural strategies
• integrates recent thinking and research in psychotherapy, human development and neuroscience
• discusses how developments in relational approaches have an impact on integration in practice.

ABRIDGED CONTENTS
An Introduction to Transactional Analysis \ Making Contracts \ Ego States: A Theory of Personality \ The Analysis of Transactions: Understanding Communication \ Functional Analysis: Behavioural Options in Relationship \ Strokes and Other Human Hungers \ Life Scripts: The Development of a Lived Narrative \ Games: Understanding Relational Dynamics \ Rackets: Maintaining Scripts in the Internal World \ Assessment and the Process of Change \ Relating for a Change

READERSHIP
Students taking modules on transactional analysis in counselling and psychotherapy, cognitive behavioural, psychodynamic and humanistic courses

November 2012 • 192 pages
Cloth (978-0-85702-907-2) • £65.00
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EXISTENTIAL THERAPIES

Mick Cooper University of Strathclyde

‘Concise and easy to read, despite the fact that it deals with some fairly complex ideas’ - CounsellingResource.com

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
• outlines key debates within the existential therapy field.

ABRIDGED CONTENTS
Existential Philosophy \ Daseinsanalysis \ Logotherapy \ The American Existential-Humanistic Approach \ R D Laing \ The British School of Existential Analysis \ Brief Existential Therapies \ Dimensions of Existential Therapeutic Practice

READERSHIP
Trainees and practitioners in counselling, counselling psychology and psychotherapy

2003 • 192 pages
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EXISTENTIAL COUNSELLING AND PSYCHOTHERAPY

Darren Langdridge The Open University

This contemporary introduction provides a comprehensive survey of past and present existential ideas, philosophers and practice. Darren Langdridge makes existential therapy accessible through clear language, numerous case studies, chapter summaries, activities and further reading lists. The three parts cover all the key areas taught on existential therapy courses, from the fundamental theory of - and key figures in - the approach, to its application in practice, using illustrative case studies. The final section develops contemporary cross-cutting issues in existential therapy, including the role of language/narrative, power and politics, and evaluation research.

ABRIDGED CONTENTS
PART ONE: FOUNDATIONS OF THEORY AND PRACTICE \ Introducing Phenomenology \ The Development of Existential Therapy \ Fundamentals of Existential Practice \ PART TWO: DEVELOPING EXISTENTIAL THERAPY \ Anxiety - The Core of Existence \ The Dimensions of Existence \ Freedom, Choice and Responsibility \ Relatedness \ Emotions and Embodiment \ PART THREE: EXTENDING THE THEORY AND PRACTICE OF EXISTENTIAL THERAPY \ Researching Existential Therapy \ Power, Politics and Language

READERSHIP
Counselling and psychotherapy trainees new to existential counselling; also more experienced practitioners wanting a view on existential therapy today

November 2012 • 192 pages
Cloth (978-1-84920-769-0) • £63.00
Paper (978-1-84920-768-3) • £21.99

SKILLS IN EXISTENTIAL COUNSELLING & PSYCHOTHERAPY

Emmy van Deurzen and Martin Adams both at New School of Psychotherapy and Counselling, 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, London and Middlesex University

This is the first practical introduction to a skills-based existential approach. Accessible for those without a philosophical background, it describes the concrete and tangible skills, tasks and interactions of existential practice. The book covers:
• the theoretical background and history of existential therapy
• phenomenological practice - the centre of existential therapy
• the process of therapy and the nature of change
• misconceptions about the existential approach.

ABRIDGED CONTENTS
The Framework of Existential Therapy \ The Person of the Therapist \ Working Phenomenologically: The Centre of Existential Therapy \ Developing an Existential Attitude \ From Theory into Practice \ The Process of Existential Therapy \ Putting It All Together: Summing up

READERSHIP
Practitioners and students of counselling interested in the existential approach

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

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EXISTENTIAL COUNSELLING & PSYCHOTHERAPY IN PRACTICE

Third Edition

Emmy van Deurzen New School of Psychotherapy and Counselling, London

Praise for the previous edition:

"For a book with such a reflective and philosophical element, this is a surprisingly readable and grounded read. This is perhaps the strongest aspect of van Deurzen’s approach – an ability to understand social development and its often profoundly disturbing effects on the psychology of the individual and to remind us of what is really important in living"

- Counsellingbooks.com

"van Deurzen’s introduction to existential counselling is outstanding and almost entirely devoid of the linguistic contortions which populate some of the philosophical literature underpinning the field. For those with an interest in the practical side of existential approaches to counselling and psychotherapy - emphasising the challenges of living in the world rather than focusing on personal psychopathology - I can recommend none better"

- CounsellingResource.com

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.

Central to the book is the belief that many of our problems arise out of the essential paradoxes of human existence, rather than from personal pathology. From this perspective, the purpose of counselling and psychotherapy is not viewed as problem-solving, but as a mean of enabling people to come to terms with living life as it is, with all its inherent contradictions.

Emmy van Deurzen, a leading existential philosopher and therapist, presents a practical method of working, using systematic observation, clarification and reflection to help clients rediscover their inner strengths. She shows how personal assumptions, values and talents, once acknowledged, can be turned to constructive use. Using wide-ranging case examples, the author also demonstrates the effectiveness of the existential approach in many different situations - from crisis work to dealing with chronic unhappiness.

The existential approach is a well-respected form of psychotherapy, but most writing on the subject tends to be heavily theoretical. This book offers a practical and accessible alternative, which will be invaluable to those in training as well as to more experienced practitioners

CONTENTS

Introduction: The Origin of Existential Therapy \ Aim and Framework: Basic Assumptions \ The Aim of Existential Psychotherapy and Counselling \ The Attitude of the Existential Practitioner \ Chapter Summary \ Establishing Contact: Starting Point: Anxiety Towards Authentic Living \ Finding Guidelines \ Chapter Summary \ Clarification of Personal Worldview: The Physical World \ The Social World \ The Personal World \ The Spiritual World \ Chapter Summary \ Taking Stock: Defining Assumptions \ Determining Values \ Exploring Talents \ Chapter Summary \ Creative Explorations: Understanding Emotions \ Discovering Meaning \ Working with Dreams \ Playing with Imagination \ Chapter Summary \ Coming to Terms with Life: Facing the World Alone \ Action and Commitment \ Communicating and Relating \ Living in Time \ Chapter Summary

READERSHIP

Trainee counsellors focusing on the existential approach; also practitioners

Emmy van Deurzen is a philosopher, existential psychotherapist and counselling psychologist, with a dozen books to her name. She was the inspiration and creative force behind the launch of the Society for Existential Analysis and its journal of the same name in 1988, the same year that her book Existential Counselling and Psychotherapy in Practice was first published by SAGE. She founded both the School of Psychotherapy and Counselling at Regent’s College and the New School of Psychotherapy and Counselling, of which she continues to be Principal. Her application of philosophical ideas to psychology, psychotherapy, counselling and coaching has revolutionized the field and has established the existential approach firmly in the UK, inspiring many European and international developments. Her work has been translated into a dozen languages and she lectures all around the world. She is visiting Professor of Psychotherapy with Middlesex University and has been a professor with Regent’s College and an honorary professor with Schiller International University and the University of Sheffield, as well as a visiting fellow of Darwin College, Cambridge. She was the first chair of the United Kingdom Council for Psychotherapy and external relations officer to the European Association for Psychotherapy and representative to the European Commission and the Council of Europe for many years.


Emmy lives in the Peak District with her husband Prof. Digby Tantam, where she enjoys hill walking alongside her writing, painting and singing song-writing.
NEW!

CONCISE INTRODUCTION TO EXISTENTIAL COUNSELLING

Martin Adams New School of Psychotherapy and Counselling, London

Concise Introduction to Existential Counselling is just that, a brief and accessible pocket guide to the existential approach - its underlining theory and practice. Addressing what every new trainee needs to know, do, think and feel in a way that is entirely accessible and jargon-free, this book:

- provides a short history of the existential tradition
- puts key concepts into contexts, showing how theory translates into practice
- discusses issues in the therapeutic process
- shows how to work effectively with whatever the client brings to the table
- addresses the significance of existential thought in the wider world

ABRIDGED CONTENTS

An Overview of Existential Counselling \ Some Key Concepts in Existential Counselling \ Putting Theory into Practice \ Working with What the Client Brings \ Issues in the Therapy Process \ Contextual and Professional Issues \ Understanding and Working with Particular Issues

READERSHIP

New trainees looking to start on their path to thinking and acting existentially

December 2012 • 128 pages

Cloth (978-1-4462-0843-4) • £60.00

Paper (978-1-4462-0844-1) • £16.99

A SHORT INTRODUCTION TO PSYCHOANALYSIS

Second Edition

Jane Milton, Caroline Polmear and Julia Fabriucis all at the British Psychoanalytical Society

The best simply got better. The thoroughly updated Second Edition retains all the powerful features of the first including its remarkable clarity and accessibility

- Professor Peter Fonagy, University College London

This fully updated and revised Second Edition explains what psychoanalysis really is and provides the reader with an overview of its basic concepts, historical development, critiques and research base. New to this edition, the book:

- further investigates psychotherapy in the NHS and the improving access to psychological therapies (IAPT) programme
- includes new research studies and addresses the new field of psychosocial studies.

ABRIDGED CONTENTS

What Is Psychoanalysis? \ Basics of Psychoanalytic Theory \ A Brief History of Psychoanalysis \ Psychoanalysis across Cultures \ Critiques of Psychoanalysis \ Psychoanalysis and Research \ Psychoanalysis beyond the Consulting Room \ Psychoanalysis and the Psychotherapies \ The Profession: Organization, Communication and Regulation

READERSHIP

Undergraduate and postgraduate students in counselling and psychotherapy, also those taking courses specifically on psychoanalysis

SHORT INTRODUCTIONS TO THE THERAPY PROFESSIONS

2011 • 224 pages

Cloth (978-0-85702-058-1) • £65.00

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SKILLS IN PSYCHODYNAMIC COUNSELLING AND PSYCHOTHERAPY

Susan Howard University of Surrey

This practical text address the competencies and techniques central to the delivery of effective psychodynamic practice. It provides a framework for the therapist to develop his/her skills and apply them to practice by:

- discussing the personal and professional growth which underpins a professional and ethical attitude to the therapist's work
- linking specific competencies to the theory base underpinning them
- using case material to illustrate competencies and dilemmas.

ABRIDGED CONTENTS

The Psychodynamic Approach \ Becoming a Therapist: The Personal Journey \ Towards Skilled Practice \ Becoming a Therapist: Other Ways to Enhance Personal Growth \ Setting the Scene for Therapy \ The Therapeutic Frame \ The First Sessions: The Therapeutic Alliance \ Working with Unconscious Communication \ The Theory Underlying Technique: Transference and Countertransference \ Types of Interpretation \ Interpreting the Transference and Countertransference \ Understanding and Working with Defences \ Assessment and Formulation from a Psychodynamic Perspective \ Managing the Therapeutic Process \ The Real Relationship and Other Dilemmas \ Skills in Using Supervision

READERSHIP

Trainees on psychodynamic counselling and psychotherapy courses as well as practitioners

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

2009 • 176 pages

Cloth (978-1-4129-4653-7) • £66.00

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PSYCHODYNAMIC COUNSELLING IN ACTION

Fourth Edition

Michael Jacobs Visiting Fellow, Bournemouth University

Praise for the third edition:


Psychodynamic Counselling in Action is widely regarded as the most accessible introduction to the psychodynamic approach, making it ideal for readers who are new to the subject. Michael Jacobs describes the psychodynamic counselling process from initial meeting right through to the end of the relationship. He sets out the main theory and principles involved in psychodynamic work and shows how these can be applied creatively and effectively within the process. In this updated edition, each chapter includes a set of thought-provoking training exercises, designed to help readers develop their psychodynamic counselling skills, to promote discussion of each stage of the counselling process and to translate psychodynamic theory into practice.

ABRIDGED CONTENTS

Introducing the Psychodynamic Approach \ The First Session \ After the First Session \ The Importance of Time and Boundaries \ The Middle Phase of Counselling \ The Middle Phase of Counselling \ Breaks and Endings

READERSHIP

Trainee and practising counsellors with an interest in the psychodynamic approach; also those on generic or integrative counselling courses

COUNSELLING IN ACTION SERIES

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Theory & Approaches - Solution-Focused Therapy

SOLUTION-FOCUSED THERAPY

Third Edition
Bill O'Connell Focus on Solutions
Limited, Birmingham

As part of the popular Brief Therapies series, this long awaited Third Edition will tell you all you need to know about solution-focused therapy (SFT) and more. This popular introduction takes the reader step-by-step through the counselling process, providing insight into how to structure and manage therapeutic work in ways that are grounded in solution-focused principles. The book includes:

• a detailed introduction to the theory and practice of ‘brief’ therapy
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• an insightful reflection on the journey of the practitioner.

ABRIDGED CONTENTS

Preface to the Third Edition \ Brief Therapy \ Foundations of SFT \ Overview of the Model \ The First Session \ Second Sessions and beyond: Keeping the Focus on Solutions \ The Solution-Focused Journey \ Solution-Focused Supervision \ Frequently Asked Questions about SFT \ An Integrative Solution-Focused Approach \ Tips and Exercises for Using the SF Approach

READERSHIP

Counselling trainees and practitioners

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SOLUTION-FOCUSED THERAPY

Theory, Research & Practice

Second Edition
Alasdair Macdonald

This Second Edition remains the most accessible yet comprehensive case-based introduction to the history, theory, research and practice of solution-focused therapy (SFT) within mental-health care and beyond. Drawing on contemporary research and the author’s own extensive experience, the fully revised and updated new edition includes:

• a new chapter on challenges to SFT and the integration of SFT with other therapeutic approaches
• topical exploration of the application of SFT to patients with personality disorders and dementias
• contemporary research on solution-focused coaching and approaches to organizational change.

ABRIDGED CONTENTS

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READERSHIP

Students and trainees studying solution-focused therapy

2011 • 256 pages
Cloth (978-0-85702-869-1) • £65.00
Paper (978-0-85702-890-7) • £21.99

SKILLS IN SOLUTION-FOCUSED BRIEF COUNSELLING AND PSYCHOTHERAPY

Paul Hanton Independent Practitioner, Consultant and Trainer

Rich descriptions of the key solution-focused skills, illustrated with examples from Paul’s extensive experience of practice, offer the reader many opportunities to extend their own practice repertoire

- John Wheeler, Solution-Focused Practitioner, Trainer and Supervisor

As part of the bestselling SAGE Skills in Counselling & Psychotherapy series, this book is one of the first to focus specifically on SFBT skills and practice. Structured step-by-step along the lines of an actual therapy session, the book covers: assumptions, expectations and ways of working; the role of the solution focused brief therapist; the miracle question; and ending sessions and closures.

ABRIDGED CONTENTS

Solution Focused Brief Therapy (SFBT): Skills, Assumptions and Ways of Working \ Openings in SFBT and the Role of the Therapist \ Pre-Session Change, Exceptions and Coping Questions \ The Use of Scales in SFBT \ Co-Creating Preferred Futures \ End of Sessions, Tasks and Feedback \ Subsequent Sessions and Closures in SFBT \ What Next?

READERSHIP

Counsellors and psychotherapists new to SFBT and professionals working in health and social care where SFBT skills are relevant; also students training to become counsellors

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

2011 • 152 pages
Cloth (978-1-84920-622-8) • £19.99
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Cognitive Therapies & Approaches

COGNITIVE BEHAVIOUR THERAPIES
Edited by Windy Dryden Goldsmiths, University of London

Windy Dryden has assembled a distinguished group of CBT specialists who provide clear and well-written chapters on their various approaches. An important addition to your CBT bookshelf
- Michael Neenan, Centre for Stress Management, London

Cognitive Behaviour Therapy has become more established as the therapy of choice in recent years, and consequently different voices in the CBT tradition have become prominent. This book brings together these voices by offering its readers a one-stop guide to the major approaches.

Each chapter offers an overview of a particular approach to CBT, covering:
- the historical development of the approach
- theoretical underpinnings
- practical applications
- case examples
- research status.

CONTENTS
Cognitive Behaviour Therapies in Britain: The Historical Context and Present Situation \ Beck’s Cognitive Therapy \ Mindfulness-Based Cognitive Therapy \ Acceptance and Commitment Therapy \ Dialectical Behaviour Therapy \ Metacognitive Therapy \ Compassion-Focused Therapy \ Schema Therapy \ Rational Emotive Behaviour Therapy (REBT) \ Narrative CBT \ Behavioural Activation \ The Transdiagnostic Approach to CBT

READERSHIP
CBT trainees and practitioners as well as those training within the broader field of counselling and psychotherapy

THE CBT HANDBOOK
Edited by Windy Dryden and Rhena Branch both at Goldsmiths, University of London

This book is a treasure trove of 26 up-to-date chapters by key people in the field covering a wide range of subjects and approaches. This is a seriously useful resource that is bound to find itself on the shelves of many cognitive behaviour therapists - certainly mine
- Professor Paul Gilbert, Derbyshire Healthcare NHS Foundation Trust

There are now a number of guides for CBT, but this handbook reaches the parts that the other books fail to reach. In addition to excellent overviews of theories, problems and practice, the book places the therapeutic relationship at the centre of CBT, and provides in-depth discussions of a range of professional issues not seen in other handbooks
- Mick Power, Professor of Clinical Psychology, University of Edinburgh

The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike. Comprising 26 accessible chapters from leading experts in the field, the book covers cognitive behaviour therapy (CBT) theory, practice and research. Chapters include:
- CBT theory
- CBT skills
- assessment and case formulation in CBT
- the therapeutic relationship in CBT
- values and ethics in CBT
- reflective and self-evaluative practice in CBT
- supervision of CBT therapists
- multi-disciplinary working in CBT practice.

CONTENTS
Editor’s Introduction \ PART ONE: CBT THEORY \ What Is CBT and What Isn’t CBT? \ CBT Theory \ CBT: Past, Present and Future \ Common Myths and Misconceptions about CBT \ PART TWO: CBT PRACTICE \ The Therapeutic Relationship in CBT \ Assessment and Formulation in CBT \ CBT Skills \ Working with Comorbidity in CBT \ Working with ‘Diversity’ in CBT \ Levels of Therapist Involvement in CBT \ Multidisciplinary Working in CBT Practice \ Adapting CBT to a Broad Clientele \ PART THREE: CBT: COMMON CHALLENGES \ Challenges in the CBT Client-Therapist Relationship \ Challenges with Homework in CBT \ Challenges with Maintenance and Change in CBT \ PART FOUR: CBT: SPECIFIC POPULATIONS AND SETTINGS \ CBT with Children and Adolescents \ CBT with Older People \ CBT with People with Intellectual and Developmental Disabilities \ CBT in Health and Social Care Settings \ CBT in Criminal Justice Settings \ CBT in Private Practice \ PART FIVE: CBT: PROFESSIONAL ISSUES \ Ethical Principles for CBT Practitioners \ Therapist Development and Self-care in CBT \ Supervision of CBT Therapists \ Getting the Most from Your CBT Training \ Reflective and Self-Evaluative Practice in CBT

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AN INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY

Skills and Applications

Second Edition

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

This text is a very well-organized, comprehensive and highly accessible introduction to CBT. The authors’ proficient understanding of the breadth and complexity of CBT shines through making this an excellent overview of the current state of knowledge and practice.

- Professor Willem Kuyken, Mood Disorders Centre

An Introduction to Cognitive Behaviour Therapy is the definitive beginner’s guide to the basic theory, skills and applications of cognitive behavioural therapy (CBT). In this eagerly awaited Second Edition, the authors set out the core concepts and generic skills of CBT including: case formulation; the therapeutic relationship; and cognitive, behavioural and physiological therapeutic strategies. Practical illustrations of how these techniques can be applied to the most common mental-health problems ensure that theory translates into real-life practice. New to this edition, the authors examine:

- cultural diversity in greater depth
- the current topicality of CBT, especially within the NHS
- the latest Roth &amp; Pilgrim CBT competencies
- the impact of third wave and other developments in CBT in more detail.

A Companion Website featuring streamed extracts from video role-plays will be available to book purchasers and adopters, illustrating some of the key strategies described in the book. This material has been selected from the Oxford Cognitive Therapy Centre’s pioneering online training materials, and book buyers will be able to purchase access to the full versions of these training modules at a 25% discount.

CONTENTS

Basic Theory, Development and Current Status of CBT \ Distinctive Characteristics of CBT \ The Therapeutic Relationship \ Assessment and Formulation \ Measurement in CBT \ Helping Clients Become Their Own Therapists \ Socratic Method \ Cognitive Techniques \ Behavioural Experiments \ Physical Techniques \ The Course of Therapy \ Depression Anxiety Disorders \ Anxiety Disorders: Specific Models and Treatment Protocols \ Wider Applications of CBT \ Alternative Methods of Delivery \ Developments in CBT \ Evaluating CBT Practice \ Using Supervision in CBT

READERSHIP

Anyone beginning a course on CBT, postgraduate trainees on PGCert/Dip/MA CBT courses or CBT modules on PGCert/Dip/MA counselling and psychotherapy courses; also IAPT trainees, clinical psychologists, mental health nursing and social work trainees

2011 • 448 pages
Cloth (978-1-84860-686-9) • £75.00
Paper (978-1-84860-687-6) • £25.99

CBT WITH CHILDREN, YOUNG PEOPLE AND FAMILIES

Peter Fuggle, Sandra Dunsmuir and Vicki Curry

With the recent expansion of increasing access to psychological therapies (IAPT) CBT is increasingly applied to work with children outside the traditional therapy clinic. This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real-world settings.

At the centre of this book is the child, the authors moving outwards to cover childhood itself, the principles, core practice and techniques of CBT and its adaptation to the context of the therapy.

ABRIDGED CONTENTS

PART ONE: KNOWLEDGE OF CHILDREN AND THEIR CONTEXT \ Parents and Child Development \ The Wider Context: Families, Schools, Culture And Safety \ Childhood Problems and Distress \ PART TWO: CORE CBT PRACTICE \ Assessment and Formulation \ Evaluating Practice \ Setting The Right Context \ Therapeutic Alliance \ Collaboration \ Strengthening The Therapeutic Process \ Facilitating Psychological Understanding \ Facilitating Acceptance and Coping \ Facilitating Change: Behavioural Techniques \ Facilitating Change: Cognitive Techniques \ PART THREE: CBT IN CONTEXT \ Moderating Factors to Effective Practice \ The Role of Supervision \ What to Do if CBT is not Working

READERSHIP

Specialist child trainees and practitioners, including new IAPT therapists, counsellors, nurses, teachers and social workers

December 2012 • 240 pages
Cloth (978-0-85702-727-6) • £65.00
Paper (978-0-85702-728-3) • £21.99

CBT FOR COMMON TRAUMA RESPONSES

Michael J Scott

Private Practice, Liverpool

This is the first book to show how to use CBT with the full spectrum of post-traumatic responses; exploring how they affect and relate to one another. After discussing how to tailor CBT practice to work most effectively with trauma responses in real-world settings, the book goes on to explore the step-by-step treatment of post-traumatic stress disorder, other commonly occurring disorders, and finally, secondary traumatisation.

ABRIDGED CONTENTS

The Real World Treatment of Common Adverse Trauma Responses \ Identifying Distress and Tailoring CBT \ PART ONE: POST-TRAUMATIC STRESS DISORDER \ PTSD - Treatment Rationale \ PTSD Treatment - Phase One Coping Skills \ PTSD Treatment - Phase Two Trauma Focussed CBT \ PTSD Group Treatment - A Coping Skills Approach \ PTSD and the Dual Treatment of Depression, Substance Abuse, Panic Disorder and Borderline Personality Disorder \ PART TWO: PRINCIPAL DISORDERS OTHER THAN PTSD \ The CBT Treatment of Sub-Syndromal PTSD and Phobia \ The CBT Treatment of Prolonged Durress Stress Disorder \ The CBT Treatment of Chronic Adjustment Disorder \ PART THREE: SPECIAL POPULATIONS \ The CBT Treatment of Traumatised Children \ The CBT Treatment of Traumatised Clients with a Severe Mental Illness \ PART FOUR: SECONDARY TRAUMATISATION \ The CBT Treatment of Pain and Disability \ The CBT Treatment of Head Injury \ The CBT Treatment of Disfigurement

READERSHIP

CBT practitioners and trainees encountering clients with diverse presentations following trauma

December 2012 • 216 pages
Cloth (978-1-4462-0866-9) • £65.00
Paper (978-1-4462-0865-2) • £23.99

Available as inspection copy for lecturers
COGNITIVE BEHAVIOURAL THERAPY
An Introduction
Third Edition
Frank Wills University of Wales, Newport with Diana Sanders
Oxfordshire and Buckinghamshire Mental Health Partnership NHS Trust
Praise for the previous edition:
It is particularly useful that main points are summarised in tables, making this a very easy-to-read book. It is evident from the way the material is presented that the authors are experienced therapists who have a deep understanding of the cognitive therapy process per se and the applications of cognitive theory in general.

- Accident and Emergency Nursing

Well organized and easy to read, usefully illustrated with case examples and each chapter is supported by a specific further reading list. In my view, it is appropriate for both the cognitive therapist in training and for the more experienced therapist who wants a stimulating and helpful summary of the new ideas in the area and wants to reflect on therapeutic process as much as content.

- Clinical Child Psychology and Psychiatry

In their established introduction to contemporary cognitive behavioural therapy (CBT) theory and practice, Diana Sanders and Frank Wills show how therapeutic change takes place across an holistic network of cognitive, emotional and behavioural functioning. They explain the central concepts of CBT and illustrate how these can effectively be put into practice at each stage of the therapeutic process. The revised Third Edition now includes:

- recent developments in the CBT field, such as new settings and applications including guided self-help, computerised CBT, IAPT and stepped care
- two new chapters on mindfulness and increasing access to CBT
- extra case studies, chapter previews, exercises and suggested further reading, plus an appendix of further resources
- coverage of a wider range of client issues.

CONTENTS
PART ONE: CBT THEORY AND STRUCTURE \ CBT: A Developing Mode \ Formulation: At the Heart of CBT \ Interpersonal CBT and the Therapeutic Relationship \ PART TWO: CBT IN PRACTICE \ Beginning Therapy \ New Behavioural Trends in CBT \ Cognitive Interventions in CBT \ Mindfulness in CBT \ Difficulties in CBT \ Ending Therapy and Preventing Relapse \ PART THREE: CBT IN CONTEXT \ CBT Applications and Settings \ Increasing Access to CBT

READERSHIP
Those working - or training to work - in the psychological therapies and mental health

October 2012 • 312 pages
Cloth (978-1-84920-564-1) • £75.00
Paper (978-1-84920-565-8) • £24.99

COGNITIVE BEHAVIOUR THERAPY CASE STUDIES
Mike Thomas and Mandy Drake both at University of Chester

‘This text is more than a cook book representation of CBT - it shows how some real-world creative work can be done’ - Michael Worrell, Royal Holloway, University of London

This book uniquely combines cognitive behavioural therapy (CBT) with the Department of Health stepped-care model to provide the first comprehensive case study approach textbook. A step-by-step guide to using CBT, the book is structured around case studies of clients who present with the most commonly encountered conditions; from mild to more complex, enduring symptoms and diagnosis. The format is ideal in showing how to put the principles of CBT and stepped care into effect, providing an insight into real-world practice.

ABRIDGED CONTENTS
Principles of Cognitive Behavioural Therapy \ Client Presenting with Panic Disorder (without Agoraphobia) \ Client Presenting with First-Onset Depression \ Client Presenting with Dysthymia (Chronic Depression) \ Client Presenting with Social Phobia \ Client Presenting withObsessive Compulsive Disorder (OCD) \ Client Presenting with Generalised Anxiety Disorder (GAD) \ Client Presenting with Conduct Disorder \ Client Presenting with Vaginismus \ Client Presenting with Post-Traumatic Stress Disorder (PTSD) \ Client Presenting with Chronic Bulimia Nervosa \ Client Presenting with Anorexia Nervosa \ Client Presenting with Dependent Personality Disorder

READERSHIP
Trainees on improving access to psychological therapies (IAPT) programmes, also anyone studying on postgraduate CBT courses

December 2011 • 264 pages
Cloth (978-0-85702-075-8) • £65.00
Paper (978-0-85702-076-5) • £22.99

CBT FOR BEGINNERS
Jane Simmons and Rachel Griffiths both Practising Clinical Psychologists

‘This text should be on the shelves of trainee cognitive-behavioural psychotherapists for a considerable time to come’ - Dr Alec Grant, University of Brighton

This practical guide to cognitive behaviour therapy (CBT) will interest a wide range of professionals and trainees. Focusing on case formulation, the authors show how to build a ‘picture’ of each individual client, using his/her case history to inform interventions. The book covers:

• the CBT model and how to explain it to clients
• CBT assessment and formulation
• cognitive and behavioural interventions.

ABRIDGED CONTENTS
PART ONE: CBT: WHAT IS IT \ What Is CBT? \ Who Benefits from CBT? \ The CBT Model \ Levels of Cognitions (Thoughts, Beliefs and Assumptions) \ Structure of Therapy and Sessions \ The Therapeutic Relationship \ PART TWO: CBT - HOW DO YOU DO IT? \ CBT Assessment \ CBT Formulation \ Setting Therapy Goals \ Coping Strategies \ Behavioural Interventions \ Cognitive Interventions: Identifying Negative Automatic Thoughts (NATs) \ Cognitive Interventions: Evaluation of Negative Automatic Thoughts or ‘Thought Challenging’ \ Cognitive Interventions: Working with Assumptions and Core Beliefs \ PART THREE: - AND THE REST \ Problem Solving \ Working with Emotions \ Motivation for Change \ Therapeutic Endings \ Supervision

READERSHIP
Trainees and professionals across health and social care who are new to CBT, including clinical psychologists, nurses and mental-health workers

2008 • 240 pages
Cloth (978-1-4129-4813-5) • £66.00
Paper (978-1-4129-4813-5) • £21.99

Available as inspection copy for lecturers
COGNITIVE BEHAVIOURAL COUNSELLING IN ACTION

Second Edition
Peter Trower, Jason Jones both at University of Birmingham, Windy Dryden Goldsmiths, University of London and Andrew Casey Director of Casey Consulting Ltd

This bestselling evidence-based guide to the cognitive behavioural approach to counselling has now been substantially revised and updated to reflect current theoretical and practical developments in the cognitive behavioural therapy (CBT) field. The Second Edition contains an expanded, step-by-step, guide to the process of counselling, from initial contact with the client to termination.

ABRIDGED CONTENTS
What Is Cognitive Behavioural Counselling? \ PART ONE: A BASIC GUIDE TO COGNITIVE BEHAVIOURAL COUNSELLING \ Structure and Outline of the Basic Guide \ Preparation Stage I - Breaking the Ice \ Screening, First Meeting, Establishing a Bond \ Preparation Stage II - Will this Help? Clarifying Problems, Goals, the Cognitive Approach, Commitment \ Beginning Stage I - What’s the Problem Specifically? \ Cognitive Assessment of a Specific Example \ Beginning Stage II - What Are We Aiming for? \ New Thinking, Feeling and Action Goals \ Middle Stage I - Getting Realistic: Challenging and Changing Inferences \ Middle Stage II - Changing Hot Thoughts \ Middle Stage III - Imagery, Rescripting \ Middle Stage IV - Working through \ Ending Stage - Coaching the Client to Become His Own Counsellor \ PART TWO: APPLYING CBC TO EMOTIONAL PROBLEMS \ Anxiety \ Depression \ Anger \ Shame and Guilt \ Hurt \ Envy

READERSHIP
Trainee and practising counsellors, psychotherapists and all other helping professions interested in implementing a cognitive-behavioural approach

COUNSELLING IN ACTION SERIES
2010 • 296 pages
Cloth (978-1-84920-193-3) • £72.00
Paper (978-1-84920-194-0) • £23.99

CBT FOR PERSONALITY DISORDERS
Henck van Bilsen and Brian Thomson both at the Cognitive Behaviour Therapy Partnership

This uniquely practical introductory guide shows trainees how to use cognitive behavioural therapy (CBT) to treat the full range of personality disorders, in a range of multi-disciplinary settings. Key content includes:

• therapist self-care and avoiding pitfalls
• exploration of the therapeutic relationship
• reflections on the evidence for CBT and personality problems.

ABRIDGED CONTENTS
Personality Disorders or Not? \ CBT in the Front-Line \ The Process of CBT: From Symptoms to Problems and Goals, Moving on to Formulation \ Socialising the Client to CBT, Identifying Problems and Goals, and Treatment Evaluation \ Structuring Sessions \ Interventions for (Lasting) Change \ Engagement Strategies \ Reflection on CBT as a Psychological Therapy for Personality Disorders \ Pitfalls for the Therapist

READERSHIP
Students on postgraduate courses in cognitive behaviour therapy; also for high-intensity psychological therapists (IAPT), mental-health nurses and other mental-health students and professionals

2011 • 168 pages
Cloth (978-1-84920-293-0) • £65.00
Paper (978-1-84920-294-7) • £20.99

CBT FOR WORRY AND GENERALISED ANXIETY DISORDER
Andrew Wilkinson, Kevin Meares and Mark Freeston Newcastle Cognitive and Behavioural Therapies Centre

This practical introduction will help trainees use cognitive-behavioural therapy (CBT) to assess and treat generalized anxiety disorder (GAD), one of the most commonly presented client issues. Taking the reader step-by-step through each stage of CBT with anxiety and worry, the authors illustrate the whole range of different treatment techniques whilst keeping the book accessible and concise. Tailored to current high and low-intensity (IAPT) training, it covers self-help literature as well as traditional one-to-one therapy.

ABRIDGED CONTENTS
PART ONE: INTRODUCING CBT FOR GENERAL ANXIETY DISORDER (GAD) \ Introducing Generalized Anxiety Disorder \ Key Psychological Processes in GAD \ PART TWO: CBT FOR GAD IN PRACTICE \ The Assessment and Initial Formulation of GAD \ Key Interventions 1: Worry Awareness Training \ Key Interventions 2: Recognising and Overcoming Intolerance of Uncertainty \ Key Interventions 3: Recognising and Overcoming Positive Beliefs about Worry \ Overcoming Worry 1: Real Event Worry \ Overcoming Worry 2: Hypothetical Event Worry \ Relapse Prevention \ GAD and Low-Intensity Approaches \ Co-Morbidity \ Complicating Factors

READERSHIP
All CBT trainees on IAPT programmes, as well as trainees on postgraduate counselling, psychotherapy and clinical psychology courses; also qualified therapists requiring an update in this area

2011 • 160 pages
Cloth (978-1-84920-333-3) • £65.00
Paper (978-1-84920-334-0) • £20.99

LOW INTENSITY COGNITIVE BEHAVIOUR THERAPY
A Practitioner's Guide
Mark Papworth, Theresa Marrinan, Brad Martin all at Newcastle University and Dominique Keegan North Tyneside PCT

This groundbreaking book provides a practical, step-by-step introduction to the psychological principles, skills and application of low intensity cognitive behaviour therapy (LICBT). Chapters guide the reader through the therapeutic relationship - from the initial assessment, through the successful implementation of interventions, to the management of endings - with key case examples threading through the book to illustrate each step. The authors have also included a variety of exercises to promote self-development and a deeper understanding of the approach.

ABRIDGED CONTENTS
What is Low Intensity Cognitive-Behaviour Therapy? \ Using Supported Self Help (SSH) \ Understanding the Patient’s Problem \ The Therapeutic Relationship \ The Structure of Sessions in LICBT \ Treating Anxiety \ Treating Depression \ Working with Diversity \ Employment and Mental Health \ Supervision \ Trouble Shooting

READERSHIP
Health professionals of all kinds who need a comprehensive guide to applying low intensity cognitive behaviour therapy

December 2012 • 224 pages
Cloth (978-1-4462-0919-6) • £65.00
Paper (978-1-4462-0920-2) • £22.99
THERAPY WITH CHILDREN
Children’s Rights, Confidentiality and the Law
Second Edition
Debbie Daniels UKCP Registered Psychotherapist and University of Kent
and Peter Jenkins University of Salford

Therapy with Children provides a detailed and accessible insight into the issues regarding the integrity of therapeutic privacy
- Janette Newton, Dudley Counselling Service for Children and Young People

This Second Edition responds to significant shifts in policy and addresses:

• the importance of confidentiality in establishing a working alliance and maintaining a secure environment for therapy with children
• the conflicting pressures faced by therapists concerning issues of parental involvement and children at risk
• changes in light of the Children Act 2004, Mental Health Act 2007 and the Axon case.

ABRIDGED CONTENTS
PART ONE: THEORETICAL FRAMEWORKS \ Children’s Rights \ Therapy with Children \ Therapy and the Rights of the Child \ The Law Relating to Therapy with Children \ PART TWO: CASE EXAMPLES \ Parental Oversight of Therapy \ Reporting Child Abuse \ Provisional Confidentiality in Practice \ Working with Risk \ PART THREE: THERAPY WITH CHILDREN: SOME CONCLUSIONS \ Empowering Children

READERSHIP
Trainees in counselling and psychotherapy, students on child psychology/therapy courses and also students of social work and youth work

ETHICS IN PRACTICE SERIES
2010 • 208 pages
Cloth (978-1-84860-998-3) • £69.00
Paper (978-1-84860-999-0) • £22.99

COUNSELLING CHILDREN
A Practical Introduction
Third Edition
Kathryn Geldard University of the Sunshine Coast and David Geldard Private Practice Psychologist

Replete with a wealth of suggested techniques that can be used when working with children of different ages
- Robyn M Gillies, School of Education, University of Queensland

This highly practical, bestselling guide has been updated to include:

• 36 photocopiable worksheets to help children explore their feelings
• two new chapters on counselling children in groups
• new material on facilitating changes in behaviour
• methods for use in a variety of settings.

ABRIDGED CONTENTS
PART ONE: COUNSELLING CHILDREN \ PART TWO: PRACTICE FRAMEWORKS \ PART THREE: CHILD COUNSELLING SKILLS \ PART FOUR: PLAY THERAPY: USE OF MEDIA AND ACTIVITIES \ PART FIVE: THE USE OF WORK-SHEETS \ PART SIX: IN CONCLUSION

READERSHIP
Counsellors, psychologists, social workers, occupational therapists, nurses, teachers and other professionals working with children

2007 • 328 pages
Cloth (978-1-4129-4833-3) • £78.00
Paper (978-1-4129-4834-0) • £25.99

COUNSELLING ADOLESCENTS
The Proactive Approach for Young People
Third Edition
Kathryn Geldard University of the Sunshine Coast and David Geldard Private Practice Psychologist

Providing an excellent introduction to counselling young people that is theoretically sound and rich in delivering practical techniques, this book is an important addition to the personal library of counselling students and counsellors
- Associate Professor Sylvia Rodger, University of Queensland

ABRIDGED CONTENTS
PART ONE: UNDERSTANDING THE YOUNG PERSON \ The Nature of Adolescence \ The Influence of Childhood Experiences \ Environmental Stresses for Young People \ The Development of Mental-Health Problems \ PART TWO: PROACTIVE COUNSELLING FOR YOUNG PEOPLE \ Making Counselling Relevant for Young People \ Foundations of the Proactive Approach \ The Proactive Process for Counselling Young People \ Making Use of Adolescent Communication Processes \ Useful Counselling Micro-Skills \ Promoting Change in Young People \ Maintaining a Collaborative Relationship \ PART THREE: COUNSELLING STRATEGIES \ Symbolic Strategies \ Creative Strategies \ Behavioural and Cognitive Behavioural Strategies \ Psychoeducational Strategies \ PART FOUR: PROACTIVE COUNSELLING IN PRACTICE \ Professional and Ethical Issues

READERSHIP
Trainee and practising counsellors working with children and adolescents; professionals who work with emotionally disturbed young people, for example social workers, educational psychologists, mental-health nurses and teachers

2009 • 320 pages
Cloth (978-1-84860-642-5) • £81.00
Paper (978-1-84860-643-2) • £26.99

NEW!
COUNSELLING CHILDREN AND ADOLESCENTS IN SCHOOLS
Robyn Hess University of Northern Colorado, Sandy Magnuson Retired Counselor Educator and Elementary School Counselor and Linda Beeler Capella University

This text and practice and application guide are designed to help aspiring school practitioners gain the necessary theoretical background and skills to work effectively with youth in schools. The text covers all the basic therapeutic models used in working with children. It offers detailed vignettes, tip boxes, activities, and guided reflections to help students develop a more accurate and realistic expectation of school settings.

ABRIDGED CONTENTS
What is so Special about Counseling in the Schools? \ Working within Family, School and Community Systems \ Understanding the Developmental Worldview of Children and Adolescents \ Theory Integration and Case Conceptualization \ Adlerian Approaches to Counseling in Schools \ Cognitive-Behavioral Approaches to Counseling in Schools \ Solution-Focused Brief Therapy in Schools \ Choice Theory and Reality Therapy Approaches to Counseling in Schools \ Play and Art-Based Approaches to Counseling in Schools \ Working with Groups in Schools \ Crisis Response and Intervention in the Schools \ Legal and Ethical Issues in School Settings \ Accountability in School-Based Services \ Building Alliances through Consultation and Collaboration \ Creating a Continuum of Care

READERSHIP
Counselling practitioners in school settings

January 2012 • 440 pages
Cloth (978-1-4129-9087-5) • £38.99
Paper (978-1-4129-9088-2) • £28.99

Available as inspection copy for lecturers
COUNSELING CHILDREN AND ADOLESCENTS IN SCHOOLS

Practice and Application Guide
Sandy Magnuson Retired Counselor
Educator and Elementary School Counselor, Robyn Hess University of Northern Colorado and Linda Beeler
Capella University

This practice and application guide is an accompaniment to Counseling Children and Adolescents in Schools. Collectively, the set is designed to help aspiring school psychologists and counselors gain the necessary theoretical background and skill set to work effectively with youth in schools. The practice and application guide works in conjunction with the text and provides full-length cases, application of each model to the case, full session transcripts and critical thinking questions.

ABRIDGED CONTENTS
PART ONE: INTRODUCTION TO COUNSELING AND SOCIAL JUSTICE \ PART TWO: MULTI-LEVEL MODEL OF PSYCHOThERAPY, COUNSELING, SOCIAL JUSTICE AND HUMAN RIGHTS \ PART THREE: SOCIAL JUSTICE JOURNEYS AND PERSONAL APPLICATIONS \ PART FOUR: CRITICAL SOCIAL JUSTICE TOOLS \ PART FIVE: SOCIAL JUSTICE APPLICATIONS \ PART SIX: SOCIAL JUSTICE IN A GLOBAL WORLD

READERSHIP
School psychologists, counsellors, and educational mentors and staff

January 2012 • 128 pages
Paper (978-1-4129-9088-2) • £18.99

NEW!

AN INTRODUCTION TO CHILD DEVELOPMENT

Second Edition
Thomas Keenan Niagara College and Subhadra Evans University of California, Los Angeles

This excellent book provides comprehensive coverage of topics in child development. It presents contemporary evidence in an authoritative and accessible way that draws the reader into this fascinating area from the outset. An essential companion for psychology and education-related courses

- Jonathan Doherty, Leeds Metropolitan University

ABRIDGED CONTENTS
PART ONE: INTRODUCTION, THEORIES AND METHODS \ PART TWO: BIOLOGICAL FOUNDATIONS OF DEVELOPMENT \ PART THREE: THE DEVELOPMENT OF PERCEPTION, COGNITION AND LANGUAGE \ PART FOUR: SOCIAL, EMOTIONAL AND MORAL DEVELOPMENT \ PART FIVE: APPLYING THE STUDY OF HUMAN DEVELOPMENT

READERSHIP
Students of psychology, especially developmental psychology, and early childhood studies; trainee and practising teachers in early years education

SAGE FOUNDATIONS OF PSYCHOLOGY SERIES
2009 • 424 pages
Cloth (978-1-4129-1114-6) • £81.00
Paper (978-1-4129-1115-3) • £26.99

BRIEF COUNSELLING IN SCHOOLS

Working with Young People from 11 to 18

Third Edition
Dennis Lines Shelley Academy

This book has earned its place as the most authoritative UK text on this subject. Bang up to date, its authentic examples, strategies, theoretical explanations and references combine to produce an indispensable resource

- Colin Feltham, Emeritus Professor, Sheffield Hallam University

This a highly practical and accessible guide to helping and supporting young people experiencing difficulties both at home and at school or college. This fully revised and updated edition:

• includes a new chapter on self-harm
• outlines safeguarding legislation and child protection protocols
• considers the harmful effects of cyber-bullying.

ABRIDGED CONTENTS
Brief Counselling \ Brief Counselling Approaches \ Counselling in School \ Legal and Ethical Codes in School Counselling \ Adolescence \ Low Self-Esteem \ Depression \ Anxiety and Reaction to Abuse \ Self-Harm and Suicide Ideation \ School Bullying \ Anger, Aggression and Violence \ Loss and Bereavement \ Parental Separation and Step-Parent Conflict \ Smoking, Drugs and Alcohol Misuse \ Teenage Sexuality

READERSHIP
Youth counsellors, teachers or social workers based in school or college settings

2011 • 296 pages
Cloth (978-0-85702-511-1) • £70.00
Paper (978-0-85702-512-8) • £23.99

WORKING WITH BEREADED CHILDREN AND YOUNG PEOPLE

Brenda Mallon Independent Practitioner and Author

‘Working with Bereaved Children and Young People provides a valuable guide to the complex issues of working therapeutically with this especially vulnerable client group. It acknowledges their wisdom, courage and resilience, and is suffused throughout with Brenda Mallon’s own distinctive sensitivity to the experience and needs of bereaved children and young people’ - Peter Jenkins, Co-Author, with Debbie Daniels, of Therapy with Children (SAGE, 2010)

This book offers a fresh insight into working practices with children and young people who are experiencing the death of a family member, friend, school peer or in their social network. The wide-ranging content includes:

• a comprehensive review of theoretical approaches to bereavement
• the impact of different types of grief on children
• working with children who have been bereaved in traumatic circumstances, such as through criminal behaviour.

ABRIDGED CONTENTS
Early Attachment and the Building of Resilience: The Theoretical Basis of Bereavement Counselling \ The Impact of Bereavement \ Core Skills in Working for Bereavement Counselling \ Understanding Death: Mental-Health Issues in Vulnerable Children; ADHD, Autism and Children with Special Educational Needs \ The Role of the School: A Whole-School Approach to Bereavement and Loss \ Creative Approaches in Working with Grief and Mourning \ Interactive Support Online \ Traumatic Death and Its Impact \ Working with Dreams to Ease the Grieving Process \ The Spiritual Dimension of Grief

READERSHIP
Students on courses in child bereavement, loss and bereavement, bereavement counselling and counselling children; also those studying disciplines such as social work, psychiatry, nursing and education

2010 • 168 pages
Cloth (978-1-84920-370-8) • £63.00
Paper (978-1-84920-371-5) • £20.99
TREATING COMPLEX TRAUMA IN ADOLESCENTS AND YOUNG ADULTS

John N Briere University of Southern California Medical Center, Los Angeles and Cheryl Lanktree Private Practice

A reader-friendly guide to treating traumatized adolescents, this book covers: problems and symptoms; assessment; treatment overview; relationship-building; psycho-education, training and regulation; interventions with adolescents and their families; and group therapy. It is full of case studies and handouts for training.

2011 • 272 pages
Paper (978-1-4129-8144-6) • £27.99

WORKING WITH LOSS AND GRIEF

A New Model for Practitioners

Linda Machin Visiting Research Fellow, Keele University

‘Linda Machin’s] “adult attitude to grief” scale promises to be a useful tool by which problems can be identified and progress monitored

-Colin Murray Parkes, Honorary Consultant Psychiatrist, St Christopher’s Hospice

Working with Loss and Grief presents a new model which makes clear connections between theory and practice. The ‘range of response to loss’ model provides a theoretical ‘compass’ for recognizing the wide variability in reaction to loss. The ‘adult attitude to grief’ scale is a tool for ‘mapping’ individual grief and its change over time, providing an individual grief profile. Together these offers a framework for practitioners to:

• listen to stories of grief told by clients
• identify common patterns in grief
• recognize individual difference in grief response
• assess the need for therapeutic intervention or support.

ABRIDGED CONTENTS

Exploring the Landscape of Loss \\ Establishing Theoretical Bearings \\ Establishing Therapeutic Bearings \\ A New Model for Understanding Grief - A Compass and Map \\ Exploring the Individual Territory of Loss - Mapping Grief \\ Listening to Personal Grief Narratives \\ Engaging with the Grief Narrative - Focus on Resilience \\ Engaging with the Grief Narrative - Focus on Vulnerability \\ Practitioner Perspectives - Maps, Journeys and Destinations

READERSHIP

Practitioners and trainees in counselling and social work, as well as psychologists, doctors, nurses and researchers studying loss and grief

2008 • 216 pages
Cloth (978-1-4129-4667-4) • £87.00
Paper (978-1-4129-4668-1) • £21.99

KEY CONCEPTS IN FAMILY STUDIES

Jane Ribbens McCarthy The Open University and Rosalind Edwards University of Southampton

This student-friendly introduction to this interdisciplinary field, explains, contextualizes and cross-references all the key concepts in the broad subject of family studies.

SAGE KEY CONCEPTS SERIES

2010 • 256 pages
Cloth (978-1-4129-2005-6) • £60.00
Paper (978-1-4129-2006-3) • £19.99

CHILD MALTREATMENT

An Introduction

Third Edition

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

This thoroughly updated Third Edition is designed to provide a comprehensive introduction to child maltreatment by disseminating current knowledge about the various types of violence against children. By helping students understand more fully the etiology, prevalence, treatment, policy issues and prevention of child maltreatment, the authors hope to further our understanding of how to treat child maltreatment victims and how to prevent future child maltreatment.

ABRIDGED CONTENTS


READERSHIP

Advanced students studying family violence, child maltreatment, family sociology, child welfare and social work in the departments of psychology, counselling, sociology, social work, criminology and education

July 2012 • 432 pages
Paper (978-1-4522-0579-3) • £39.99

Available as inspection copy for lecturers
Client Groups & Settings - Children, Adolescents & Families

COUPLE COUNSELLING
A Practical Guide
Martin Payne Private Practice, Norwich

This practical book outlines the essential principles and practices of couple counselling. Demystifying this form of therapy, the author provides a step-by-step guide from the first meeting through to subsequent sessions. The book includes a wealth of supporting features including case examples, student exercises, points for reflection and memory-jog pages to use in practice. As well as chapters illustrating counselling for problems frequently experienced by couples, such as sexual difficulties, infidelity, violence and abuse.

ABRIDGED CONTENTS
PART ONE: IDEAS AND PRACTICES \ Individual Counselling and Couple Counselling \ Narrative Therapy \ PART TWO: SOCIAL AND CULTURAL INFLUENCES ON COUNSELLORS AND COUPLES \ Culturally Formed Attitudes towards Couple Relationships \ Counselling Couples of a Different Sexuality, Age or Cultural Background from the Counsellor \ PART THREE: SESSION ORGANIZATION \ The First Joint Session Framework \ Subsequent Joint Sessions \ Subsequent Individual Sessions \ Advanced Practices \ PART FOUR: SPECIFIC ISSUES \ Tensions That Escalate to Crisis Point \ Problems with Friends and Family Members \ Sexual Difficulties \ Infidelity \ Violence and Abuse

READERSHIP
Students on foundation courses, diplomas, postgraduate diplomas and masters in counselling and psychotherapy, and trained practitioners wanting to specialize in couple counselling

2010 • 200 pages
Cloth (978-1-84860-048-5) • £69.00
Paper (978-1-84860-049-2) • £22.99

COUNSELLING AND SUPPORTING CHILDREN AND YOUNG PEOPLE
A Person-centred Approach
Mark Prever Lead Professional, Every Child Matters, Yardleys School, Birmingham

This book is the ideal introduction to counselling and supporting children and young people. Taking a person-centred approach, it offers readers a clear understanding of the theory and practice of working with children and young people in difficulty.

ABRIDGED CONTENTS
PART ONE: THEORY \ Why Working with Children and Young People in a Person-Centred Way Is Different \ The Person-Centred Approach: Theoretical Framework \ Historical, National, Ethical and Legal Issues in Working with Children and Young People \ Measuring Outcomes \ Why Young People Become Unhappy: The Person-Centred Approach in Context \ The Importance of the Relationship \ PART TWO: PRACTICE \ Working with Feelings and Emotions \ Unconditional Positive Regard \ Congruence \ Empathy \ Working Creatively \ Developing Person-Centred Skills, Attitudes and Qualities \ Key Questions about Working with Children and Young People \ Training, Supervision and Well-Being

READERSHIP
Trainees and professionals working with children and young people in the fields of counselling and psychotherapy, education, mental health, nursing, youth work and social work

2010 • 208 pages
Cloth (978-1-84787-934-9) • £63.00
Paper (978-1-84787-935-6) • £20.99

EFFECTIVE COUNSELLING WITH YOUNG PEOPLE
Hazel Reid and Jane Westergaard both at Canterbury Christ Church University

This book examines key theoretical counselling perspectives and applies these specifically to work with young people. It establishes how to build counselling relationships in order to support young people and enable them to achieve positive outcomes and to manage their lives effectively. It also identifies the key counselling skills needed to engage in purposeful, helping conversations. There are sections on understanding adolescent development, exploring person-centred principles and understanding and using motivational interviewing - all of which help to blend academic theory with the realities of practice.

ABRIDGED CONTENTS
Understanding Adolescent Development \ Examining an Integrative Approach to Counselling Young People \ Exploring Person-Centred Principles and Developing Counselling Skills \ Embedding Multicultural Principles and Skills into Counselling Work with Young People \ Using Transactional Analysis to Develop Effective Communication in Counselling Young People \ Understanding How Cognitive Behavioural Approaches Can Inform Counselling Practice with Young People \ Using Motivational Interviewing to Engage Young People in Timely Interventions \ Working with Solution-Focused Approaches for Counselling Young People \ Engaging Young People through the Use of a Narrative Approach to Counselling

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HANDBOOK OF EMOTIONAL AND BEHAVIOURAL DIFFICULTIES

Edited by Peter Clough Liverpool Hope University, Philip Garner University of Northampton, John T Pardeck Southwest Missouri State University, Springfield and Francis Yuen California State University, Sacramento

At first glance I felt that this is a book that I should buy. On reading a selection of the chapters I realized that I must buy it. Each of the four sections has chapters that I know I will want to read and many others that I will read. It is a book that will provide students and authors in Higher Education and practitioners with much food for thought. It also emphasizes the desperate need to cut through much of the polemic that abounds in this field and to return to argument based on carefully conducted empirical work.

- Harry Daniels, Deputy Head of School and Director of Research, School of Education, University of Birmingham

2004 • 464 pages
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NEW!

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Edited by Sarah Fletcher Independent Consultant and Carol A Mullen University of North Carolina at Greensboro

This Handbook is a leading source of ideas and information. It covers national and international research on schools, higher education and disciplines within and beyond education. It features comprehensive coverage of coaching and mentoring in educational settings from a range of international contributors.

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David Miller and Teresa Moran both at University of Dundee

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READERSHIP

Trainee teachers, practising teachers and managers keen to enhance self-esteem in their schools

April 2012 • 192 pages
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INDIVIDUAL AND FAMILY STRESS AND CRISIS

Janice Gauthier Weber

Organized by stress model, this book helps readers understand the relationships among models, research, crisis prevention, and crisis management with individuals and families. Providing a balance of theory, research, hands-on applications, and intervention strategies, this innovative text presents a comprehensive overview of the field.

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CHANGE FOR THE BETTER
Self-Help through Practical Psychotherapy
Fourth Edition
Elizabeth Wilde McCormick

An unusual self-help book with real depth
- Sue Gerhardt, author of Why Love Matters: How Affection Shapes a Baby’s Brain

This is a good book made better. It retains the clear writing and useful exercises of earlier editions but manages to invite an even more comprehensive exploration of the self.
- Dr Anthony Ryle, pioneer of CAT at Guy’s and St Thomas’ Hospitals

Change for the Better is for anyone interested in making lasting changes in both their inner and outer lives. It uses a conversational style to help readers identify their own learned patterns of thinking and relating that underlie and contribute to emotional suffering such as depression, anxiety, phobia, eating disorders, relationship and psychosomatic problems. It shows readers how to reflect upon their difficulties, identify problems in relating, and stop and revise attitudes that are out of date. Mindfulness-based experiential exercises are incorporated throughout to help nourish self-awareness and change. This bestselling book has helped many people find ways of dealing with everyday emotional difficulties and also practitioners of psychotherapy work with their patients. Its continuing popularity has prompted this Fourth Edition, which features up-to-date thinking and practice from cognitive analytic psychotherapy and from mindfulness.

CONTENTS

READERSHIP
Clients undergoing cognitive analytic therapy (CAT), clients wishing to continue their development once therapy has ended, or NHS patients on waiting lists for therapy; also as a training resource for trainee CAT therapists on basic introductory CAT; counselling and psychotherapy; and mental health courses

April 2012 • 344 pages
Cloth (978-1-4462-0814-4) • £75.00
Paper (978-1-4462-0815-1) • £24.99

ELIZABETH WILDE MCCORMICK

Liz McCormick has been practising as a psychotherapist for over thirty years, both in the NHS and in private practice. She is also a writer, a teacher and a trainer. Her professional background is in humanistic and transpersonal psychology, social psychiatry and, over the last twelve years, in mindfulness based approaches.

In the early 1980’s she joined the time limited therapy project at Guy’s Hospital and was part of the development of Cognitive Analytic Therapy, pioneered by Dr Anthony Ryle. She has always been interested in the interface between psychotherapy and spiritual practice and in how professional skill nourishes a capacity for self awareness already present, but often hidden, within each person. This interest is reflected in her many self help books such as Living On The Edge, Surviving Breakdown, and Your Heart and You. Change For The Better, first published in 1990, which combines CAT with mindfulness and has been of value to therapists in training or in practice as well as anyone interested in change. It is described as ‘not just another self help book but seriously good.’ The fourth edition, published by SAGE, has been updated with new cases and a special section for students of psychotherapy.

Liz now lives on the Suffolk coast with her partner and their dog Daisy. She enjoys music, walking, grandchildren, reading and painting. Last year she published her first novel called The Pale Green Room and she is working on a sequel.
25 GREAT MYTHS OF HAPPINESS
Shane J Lopez & Sarah Pressman

Can money buy you happiness? How much happiness is enough? Are married people happier? This book examines widespread myths about happiness, present research evidence demonstrating that these beliefs are fictional, and explore their ramifications in everyday life. The authors examine core areas that are misunderstood such as happiness and money, success, relationships and more.

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COUNSELLING SUICIDAL CLIENTS
Andrew Reeves

Counselling Suicidal Clients addresses the important professional considerations when working with clients who are suicidal. The ‘bigger picture’, including legal and ethical considerations and organizational policy and procedures is explored, as is how practitioners can work with the dynamics of suicide potential in the therapeutic process. The book is divided into six main parts:

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• the influence of the organization
• the client process
• the practitioner process
• the practice of counselling with suicidal clients.

Abridged Contents

Counsellors and psychotherapists; also any professional who uses counselling skills when supporting suicidal people

COUNSELLING IN PRACTICE SERIES

PERSPECTIVES ON ADDICTION
Margaret Fetting

This text presents a comprehensive, rigorous, and reflective overview of the complex and controversial field of chemical dependency. It is designed for students and clinicians who come in contact with and treat individuals and families struggling with the causes and consequences of substance use disorders.

Abridged Contents

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Harvey B Milkman Metropolitan State College of Denver and Kenneth W Wanberg Center for Addictions Research and Evaluation (CARE), Arvada, Colorado

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A Practical Guide
Fourth Edition
Robert R Perkinson Keystone Treatment Center, Canton, South Dakota

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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 classic and newly commissioned pieces on the multidisciplinary study of death and dying. Organized into five parts, the book begins with a general exploration of the meaning of death, before moving on to consider caring at the end of life. Further readings explore the moral and ethical dilemmas in the context of death and dying. The fourth part of the book examines the issue of grief and ritual after death, while the final part considers some of the issues that arise when researching in the field of death and dying.

This is the set book for The Open University course Death and Dying (K260).

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PART TWO: CARING AT THE END OF LIFE 
PART THREE: MORAL AND ETHICAL DILEMMAS IN PRACTICE 
PART FOUR: EXPLORING GRIEF AND RITUAL AFTER DEATH 
PART FIVE: RESEARCHING DEATH AND DYING

READERSHIP
Students in nursing, medicine, social work, counselling and health and social care

PUBLISHED IN ASSOCIATION WITH THE OPEN UNIVERSITY
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TRAUMA

Contemporary Directions in Theory, Practice and Research

Edited by Shoshana Ringel University of Maryland, Baltimore and Jerrold R Brandell Wayne State University

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A Comprehensive Introduction

Second Edition

Garrett McAuliffe and Associates Old Dominion University

In this comprehensive, readable introduction to the cultural dimensions of counselling and psychotherapy, national leaders in each topic have been selected to provide an accessible, yet thorough presentation of culturally alert counseling. The book broadens the discussion of culture from ethnicity and race to include class, religion, gender and sexual orientation and is inclusive of all people, including both those in dominant and non-dominant cultural groups. Culturally alert counseling skills are modelled in an accessible, vital demonstration video that accompanies the book.

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Richard H Dana Portland State University, Glenn C Gamst and Aghop Der-Karabetian both at University of La Verne

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- Gloria Morrow, GM Psychological Services

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John Briere and Catherine Scott both at University of Southern California, Keck School of Medicine, Los Angeles

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ESSENTIALS OF CROSS-CULTURAL COUNSELING
Edited by Lawrence H Gerstein Ball State University, P Paul Heppner University of Missouri, Columbia, Stefania Aegisdottir Ball State University, Seung-Ming Alvin Leung Chinese University of Hong Kong and Kathryn L Norsworthy Rollins College
This brief, supplemental text is derived from the International Handbook of Cross-Cultural Counseling. Edited by a high-profile team with international expertise, the book focuses on the history, issues, challenges and opportunities for the counselling profession worldwide.

2011 • 280 pages
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THE SAGE HANDBOOK OF INTERCULTURAL COMPETENCE
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Norman Claringbull

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Mick Cooper University of Strathclyde

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- Laurie Clark, CEO, British Association for Counselling and Psychotherapy

Essential Research Findings in Counselling and Psychotherapy provides trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field. The book sets out, in a jargon-free way, the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes. It gives suggestions for further reading, definitions of key terms and questions for discussion, making this an ideal text for use in training.

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University of Western Australia

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John Wodarski

University of Tennessee

Laura M Hopson

University of Albany, State University of New York

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- practical tools for collecting case data
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HOW TO READ JOURNAL ARTICLES IN THE SOCIAL SCIENCES
A Very Practical Guide for Students
Phillip Chong Ho Shon University of Ontario Institute of Technology

In this book, Phillip C. Shon teaches advanced undergraduates and graduate students how to read social science journal articles, and organize the information gathered from them as part of the writing process. By showing how social science texts are structurally organized, he teaches students how to do the "critical reading" that their professors have told them to do but never explicitly taught.

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