



# Introduction to Counselling Skills: Text and Activities

*Richard Nelson-Jones*

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## **Introduction to Counselling Skills: Text and Activities** Richard Nelson-Jones

'As a course book or an aide to individual learning this book contains a wealth of information and guidance based on years of study and practice. It is easy to use because it is clearly signposted. I particularly like the way the author addresses the range of issues a student needs to consider before embarking on a counselling course. The structure of building block by block, skill by skill simplifies assessment' - *Counselling and Psychotherapy Journal*

Good counselling skills are the key to effective helping relationships. **Introduction to Counselling Skills, Third Edition** is designed to help readers' acquire and develop these skills, using an easy-to-follow, three-stage model.

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Drawing on many years experience as a counsellor, trainer and writer, Richard Nelson-Jones describes in detail each stage in the helping process and gives examples to show how the skills work in practice. The examples also demonstrate the variety of contexts in which counselling skills are commonly used, as well as the diversity of issues and problems they can help to address. The book covers:

- " what counselling skills are
- " how to conduct sessions
- " ways to clarify and expand your understanding
- " how to improve your listening skills
- " ethical skills.

Introduction to Counselling Skills, Third Edition is full of practical features designed to aid learning, including activities related to the particular skill being described, learning outcomes, examples, summaries and a glossary of key terms. For this, the **Third Edition**, the book has been fully up-dated and new material has been added on using relaxation techniques and managing crises.

Combining a clear explanation of skills, with a host of practical activities, **Introduction to Counselling Skills, Third Edition** is the ideal text for introductory courses in counselling skills, counselling and many other professional areas including health care, management, education and social work.

Richard Nelson-Jones is Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy, and Director of the Cognitive Humanistic Institute, Chiang Mai, Thailand.

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