

Susan Howard

Third Edition

Psychodynamic Counselling

in a nutshell

COUNSELLING IN A NUTSHELL SERIES, Edited by Wendy Dryden



Psychodynamic Counselling In A Nutshell

Michael Neenan, Windy Dryden



Psychodynamic Counselling In A Nutshell:

Psychodynamic Counselling in a Nutshell Susan Howard, 2006 Psychodynamic Counselling in a Nutshell explains in clear jargon free style the concepts at the heart of the psychodynamic approach and drawing on case material describes the therapeutic practice which rests on those ideas Assuming no previous knowledge of the subject the book introduces the history of the approach key main concepts and practical techniques used by practitioners In the first chapter Susan Howard introduces a client John whose case is revisited throughout the book connecting together theory and practice for the reader For anyone reading about the psychodynamic approach for the first time Psychodynamic Counselling in a Nutshell is the ideal place to start

Counselling in a Nutshell Windy Dryden, 2010-12-20 What is counselling and how does it work Counselling in a Nutshell provides the answers to these questions and more as part of a step by step guide to the counselling relationship and the therapeutic process Drawing together theory from the psychodynamic person centred and cognitive behavioural approaches Windy Dryden explores bonds between counsellor and client goals and tasks of counselling stages of the therapeutic process core therapeutic change This revised and updated second edition also includes new material on person centred and psychodynamic counselling further discussion of the influence of counselling contexts on the work of counsellors and five discussion issues at the end of each chapter to stimulate thinking Counselling in a Nutshell provides a concise introduction to core components of the therapeutic relationship and process and is suitable for counsellors of all orientations

Cognitive Therapy in a Nutshell Michael Neenan, Windy Dryden, 2005-12-15 Cognitive therapy is one of the most widely used approaches within counseling and psychotherapy today As such there is a wealth of literature to offer the newcomer which can sometimes be overwhelming for those seeking an initial understanding of the approach Cognitive Therapy in a Nutshell solves this problem by providing the key elements of cognitive therapy theory and practice in a very concise and accessible way This book offers clear explanations of the fundamental models used to treat clients including the information processing model and the three cognitive levels examined during therapy automatic thoughts underlying assumptions rules and core beliefs schemas The authors also provide a valuable case study of a client with social phobia to demonstrate how cognitive therapy works in action

Rational Emotive Behaviour Therapy in a Nutshell Michael Neenan, Windy Dryden, 2005-12-15 Students embarking on Rational Emotive Behavior Therapy training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach Rational Emotive Behaviour Therapy in a Nutshell provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT The authors believe that students of REBT can enhance their knowledge of the approach only if they have fully grasped the basics first They offer a succinct introduction to REBT which students can use as a starting point before adding to their knowledge through further reading and learning The book opens with an explanation of the ABCDE Model of Emotional Disturbance and Change which is the centrepiece of REBT theory and practice The authors present the model in a way which

is easy to grasp but also has the depth of coverage needed for full understanding Skills in Psychodynamic Counselling & Psychotherapy Susan Howard, Katrina Wynne, 2012-08-14 This is a step by step guide to the key skills and techniques of the psychodynamic approach used at each stage of the therapeutic process It not only addresses how to implement skills but also why they are being implemented **Skills in Psychodynamic Counselling and Psychotherapy** Susan

Howard, 2012-08-14 Well written and thoughtfully structured this highly accessible lively text offers the reader a contemporary and comprehensive introduction to psychodynamic practice Howard provides lucid explanations of core psychodynamic ideas and skills rooted in engaging clinical illustrations It will be an invaluable companion both during and beyond training Prof Alessandra Lemma Trust wide Head of Psychology and Visiting Professor Essex University This practical text is the first to systematically address the competencies and techniques identified as central to the delivery of effective psychodynamic practice It provides a framework for the therapist to develop their skills and apply them to their 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 describing competencies in a systematic way including a chapter on how to use supervision using case material to illustrate competencies and dilemmas Addressing not only how to implement skills but why they are being implemented this book is a must read for all trainees on psychodynamic counselling and psychotherapy courses It is also useful reading for trained practitioners who want an accessible introduction to psychodynamic skills in practice *Learning To Counsel, 3rd Edition* Jan Sutton, William Stewart, 2008-08-29

he new edition of this popular and userfriendly book has been thoughtfully revised updated and expanded Fresh information has been added to keep pace with the rapidly advancing field of counselling and psychotherapy *Learning to Counsel Third Edition* contains an abundance of illustrative graphics case studies examples of skills in practice practical exercises and sample letters forms and checklists designed to stimulate learning Its predecessor appears on the recommended reading list of several counselling certificate courses This new revised edition is an ideal text for those contemplating embarking on a counselling course trainee counsellors counselling tutors to use in training professionals working in the area of health care management and education and counsellors working in the voluntary sector Contents Illustrations table sample forms and letters Foreword Preface 1 Exploring Counselling 2 Exploring Essential Counsellor Qualities 3 Developing Self Awareness 4 Helping the Client Feel Safe 5 Helping the Client Explore the Problem Part 1 6 Helping the Client Explore the Problem Part 2 7 Helping the Client Understand the Problem 8 Helping the Client Resolve the Problem 9 Terminating the Counselling Relationship 10 Counsellor Self Care Appendix 1 Sample Forms and Letters Appendix 2 Suggested Responses to Exercises Appendix 3 Important People in the Development of Counselling Glossary Useful Websites Further Reading Index **Learning To Counsel, 4th Edition** Jan Sutton, William Stewart, 2017-09-07 Drawing on their numerous years experience as counsellors tutors and writers Jan Sutton and William Stewart introduce readers to the basic principles that underpin counselling

practice Written in a clear concise and jargon free style and with its wealth of case studies examples of skills in practice and practical exercises this new edition is an ideal text for those embarking on a counselling or psychotherapy course trainee counsellors counselling tutors to use in training professionals working in the area of health care management and education and counsellors working in the voluntary sector It provides insight into various counselling approaches clarifies the nature of counselling and the role of the counsellor and assists readers to develop a repertoire of key counselling skills and qualities such as active listening genuineness unconditional positive regard empathy goal setting etc The book also addresses the important issues of ongoing supervision to enhance counselling practice and counsellor self care to reduce the risk of burnout

Becoming a Counsellor Kirsten Amis, 2011-03-18 Becoming a Counsellor is a one stop reference book for all new counselling trainees Whether starting out on an introductory course or tackling a postgraduate diploma this book will make the journey to professional qualification that little bit easier 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 including the personal development journal assessment supervision and support ethical and legal issues While earlier chapters introduce methods of learning and developing for those new to the field later sections addressing research supervision and placements will be of interest to students who are studying at a higher level This engaging straightforward introduction to counselling will be an essential companion for students new to counselling throughout their training whether on basic introductory or postgraduate diploma courses

The SAGE Handbook of Counselling and Psychotherapy Terry Hanley, Laura Anne Winter, 2023-02-02 With over 100 entries this is an essential entry point to counselling and psychotherapy theory practice skills professional issues research client presenting problems and more

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