



Basic Counselling Skills: A Helper's Manual

Richard Nelson-Jones

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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, this 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 helping 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.

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