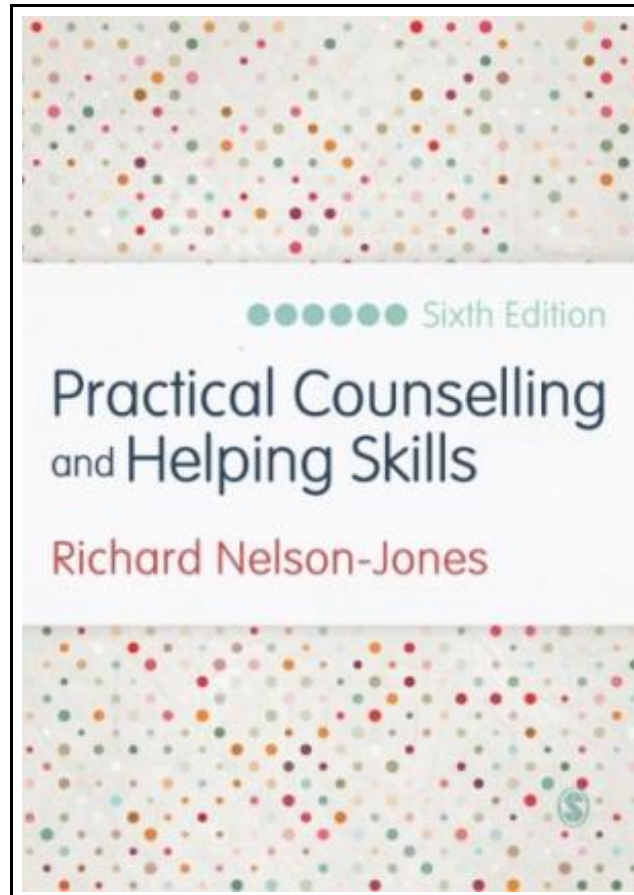


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SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Practical Counselling and Helping Skills: Text and Activities for the Lifeskills Counselling Model (6th Revised edition), Richard Nelson-Jones, This sixth edition of Richard Nelson-Jones' bestselling book provides you with a step-by-step guide to using counselling and helping skills with confidence and proficiency. The author's three-stage model of counselling is designed to facilitate developing lifeskills in clients and to help them to change how they feel, think, communicate and act. The book describes each of the three different stages - relating, understanding and changing - introducing you to the core skills and techniques used at each stage of the process. Key learning features include: -Practical activities, helping you to test your understanding and enhance your learning -Case examples, showing you how to apply key skills in practice -User-friendly format, making sure you can easily navigate the book to get the most out of it -Comprehensiveness, focusing on a wide variety of counselling and helping skills that you can use. This sixth edition includes three new chapters on Technology Mediated Counselling and Helping, Multicultural Counselling and Helping and Gender Aware Counselling and Helping, and includes updated research and references throughout. This book will take you beyond basic or introductory skills to more advanced skills, making it an essential companion for all counselling skills courses. Richard Nelson-Jones has many years' experience as a counsellor, trainer and psychotherapist. His books have helped train thousands of counsellors and helpers worldwide. He is a Fellow of the British and Australian Psychological Societies and of the British Association for Counselling and Psychotherapy.

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