



Basic Personal Counsllng

David Geldard

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An introduction to personal counselling for professional and volunteer counsellors and those who train them. The book covers the specific skills required for successful counselling, from listening, reflecting, questioning and summarising and reframing, to challenging self-destructive beliefs and facilitating action. There are numerous examples of dialogue showing how counselling skills are implemented in real situations as well as strategies for managing special counselling situations involving angry, depressed, grieving or suicidal clients. Practical counselling issues are covered, such as keeping records, arranging a counselling room and looking after yourself.

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