

Download Book Basic Counselling Skills A Helper S Manual

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this book explores the nature of helping relationships in general and highlights key considerations for all helpers including diversity ethical issues and the role of supervision it also provides suggestions for further reading and advice on how to develop counselling skills

at a more advanced level

reprint of the original first published in 1882

this training manual is a resource from the joint who unicef initiative on ensuring quality in psychosocial and mental health care equip the manual is for trainers and supervisors and explains how using the equip competency based approach you can teach foundational helping skills to helpers working with adults

this practical bestseller from leading expert richard nelson jones introduces the essential counselling skills for the helping professions now in its fourth edition it guides you through the key skills for helping work across a range of settings such as counselling nursing social work youth work education and many more it explores 17 key counselling skills including asking questions monitoring facilitating problem solving negotiating homework each chapter describes a particular skill illustrates it using clear case examples across a range of settings and then helps you consolidate and practise what you ve learned through a set of creative activities further chapters cover professional issues including a new chapter on managing crises and chapters on ethical dilemmas supervision working with diversity and more

early adolescent skills for emotions ease is an evidence based group psychological intervention to help 10 15 year olds affected by internalizing problems e g stress and symptoms of anxiety depression in communities exposed to adversity published by the world health organization who and united nations children s fund unicef ease aims to support adolescents and their caregivers with skills to reduce distress the intervention consists of 7 group sessions for adolescents and 3 additional group sessions for their caregivers it is based on adapted aspects from cognitive behavioral therapy and has been designed to be suitable for delivery by trained and supervised non specialist helpers the ease intervention manual is accompanied by four additional documents to support its delivery for enquiries about training in ease or the ease training manual please contact easetraining who int

the record of ouspensky s eight years of work as gurdjieff s pupil

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