



Counselling Adolescents

The Proactive Approach for Young People

**KATHRYN GELDARD,
DAVID GELDARD AND
REBECCA YIN FOO**

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Cathy McQuaid



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Counselling Adolescents Kathryn Geldard, David Geldard, Rebecca Yin Foo, 2019-09-30 Now in its fifth edition this definitive guide to counselling adolescents has introduced thousands of trainees and practitioners to the theory principles skills and techniques of proactively counselling this client group With over 4 hours of online resources this multi disciplinary book uses case studies and examples to demonstrate how a diversity of needs requires a diversity of approaches and skills through a variety of settings It is essential reading for trainees and practitioners in counselling social work the allied health professions and education

Counselling Young People Rebecca Kirkbride, 2017-10-23 This groundbreaking book takes a humanistic approach to counselling young people establishing humanistic counselling as an evidence based psychological intervention Chapters cover Therapeutic models for counselling young people Assessment and the therapeutic relationship Practical skills and strategies for counselling young people Ethical and legal issues Research and measuring and evaluating outcomes Counselling young people in a range of contexts and settings Grounded in the BACP s competencies for working with young people this text is vital reading for those taking a counselling young people course or broader counselling and psychotherapy course for qualified counsellors working with this client group and for trainers

Basic Personal Counselling: A Training Manual for Counsellors David Geldard, Kathryn Geldard, Rebecca Yin Foo, 2017-01-01 Basic Personal Counselling is an easy to read introduction to counselling that reflects current best practice It teaches core interviewing skills and provides a framework of practical examples and training group exercises to enable students to progressively build a skill repertoire The book is designed to prepare students for field placement and therefore has a strong vocational focus Introduces counselling skills in a logical sequence and provides practical examples of the skills in action Discusses the process of change involved in counselling Provides approaches for counselling people with specific problems such as anger depression grief suicidal ideation Discusses professional issues including confidentiality ethics record keeping

Adolescent Counselling Psychology Terry Hanley, Neil Humphrey, Clare Lennie, 2012-07-26 Adolescent Counselling

Psychology Theory Research and Practice provides a thorough introduction to therapeutic practice with young people As an edited text it brings together some of the leading authorities on such work into one digestible volume The text is divided into three major sections The first provides a context to therapeutic work with young people This outlines the historical background to such work the types of settings in which individuals work and the allied professions that they will encounter Following on from this the second section introduces the psychology of adolescence and provides an overview of the research into youth counselling Finally the third section considers more applied issues Initially the infrastructure of counselling services is discussed before moving on to reflect upon pluralistic therapeutic practice To end the ways in which outcomes may be assessed in such work are described In covering such a wide territory this text acts as an essential resource to practicing counselling psychologists and other mental health professionals It provides a foundation to the work that individuals are undertaking in this arena and advocates that individuals enter into therapeutic work in a critically informed way At the heart of such considerations is the need to utilise psychological theory alongside research findings to inform therapeutic decision making

School Counselling in East and South-East Asia Mark G. Harrison, Queenie A. Y. Lee, James L. H. Yu, 2024-09-09 This book explores trends in the practice of school counselling in East and Southeast Asia in response to socioeconomic changes developments in education and schooling the growth of technology and the legacy of the recent COVID 19 pandemic The volume adopts an ecological perspective taking into account both schools institutional contexts and the sociocultural settings in which school counsellors work Chapters focus on the needs perspectives and expectations of different stakeholders and explore the changing roles and identities of school counsellors Contributions from Mainland China Hong Kong SAR Japan Malaysia The Philippines Singapore and Vietnam provide a wide ranging account of the development of school counselling in the region and set out key themes and priorities for this fast developing field Academics in the field of school counselling practising school counsellors academics involved in training programmes for school counsellors and students will find this an invaluable volume More broadly this text will be of interest to individuals involved in accrediting bodies for international schools in Asia and school leaders tasked with overseeing counselling provision and that of well being

Key Themes in Health and Social Care Adam Barnard, Verusca Calabria, Louise Griffiths, 2023-04-10 This revised and expanded second edition of Key Themes in Health and Social Care is a learning resource for students in health and social care It provides an overview of foundational issues and core themes in the field and introduces key areas of debate moving from an introductory level to in depth discussion as the book progresses Divided into three parts the first part sets the scene addressing introductory psychology and sociology social policy equality and diversity skills for practice and working with people the second part considers key themes such as mental health and wellbeing management of services the relationship between place and wellbeing research in health and social care and person centred interventions the third part looks at discrete areas of practice such as mental health ageing leading and managing health and social care working with

vulnerable populations and health promotion Each chapter begins with an outline of the content and learning outcomes and includes reflective exercises to allow students to reflect on what they have read review their learning and consolidate their understanding Time pressed readers wanting to dip into the book for relevant areas can do so but read from cover to cover the book provides a comprehensive introduction to the key areas of contemporary health and social care practice It will be particularly helpful for students undertaking health and social care undergraduate and foundation degrees *Cyberbullying and Sexting* Elizabeth Agnew,2024-02-08 Drawing on two empirical studies and influential theoretical frameworks this book provides a critical overview of the key regulatory challenges concerning cyberbullying and sexting behaviours among young people persons under 18 years The author explores issues such as conceptualising the behaviours examining the prevailing presence of sexism myths and stereotypes surrounding gender roles and identity and the limitations of criminal law as an effective regulatory tool In doing so identifying peer based sexting behaviours as part of a continuum of sexual behaviour is promoted alongside the need to consider interventions beyond the legal landscape and in line with the United Nations Convention on the Rights of the Child In the main priority is given to non legal responses and the need for more effective and comprehensive gender sensitive education programmes The book therefore provides a more developed conceptual understanding of sexting and cyberbullying behaviours among young people **What You Really Need to Know about**

Counselling and Psychotherapy Training Cathy McQuaid,2014-03-05 Becoming a counsellor or psychotherapist is a transformative and life changing experience Some trainees manage this process well while others struggle to come to terms with the personal impact of their training In *What You Really Need to Know about Counselling and Psychotherapy Training* Cathy McQuaid provides an in depth but accessible guide to the processes of understanding individual motivations for wanting to undertake training and choosing the most appropriate course Backed by extensive research the book explains the training process from beginning to end covering topics including entry requirements course curriculum and terms and conditions of training the training relationship and group process the challenges of training the outcomes of counselling and psychotherapy training McQuaid leads the reader through the process of choosing a course working with the course leader and with a group of peers and considering potential employment prospects upon completion Prompting the reader to consider their own personal professional and educational needs within the framework of training this is essential reading for anyone thinking of training as a counsellor or psychotherapist and for trainers and training course providers **Skills in**

Counselling and Psychotherapy with Children and Young People Lorraine Sherman,2014-11-10 As interest and training in counselling children and young people continues to grow it is essential that counsellors are equipped with the skills to work with this client group In this book Lorraine Sherman draws on her years of experience in the field to provide a practical resource for qualified and trainee counsellors providing them with the necessary skills to ensure best practice with children and young people Distinguishing between working with young children and with adolescents skills covered include

establishing a therapeutic relationship assessing a young client contracting counselling practice understanding and maintaining confidentiality and disclosure Using case studies and examples to help demonstrate skills in action this is essential reading for anyone planning to become or already engaged in the helping professions with young people

Personal Consultancy Nash Popovic, Debra Jinks, 2013-10-23 Making the case for an integrated approach to the practices of counselling psychotherapy and coaching Personal Consultancy provides a coherent and systematic framework for working with clients Nash Popovic and Debra Jinks use their experience in the area of integrative practice to demonstrate how this wider approach can be a more comprehensive way of helping clients than coaching or counselling on its own The authors explain how a range of techniques and approaches from various one to one practices can be brought together under the framework of Personal Consultancy creating a method that is systematic ethical and professional but not limited by any particular theoretical bias or preconceptions With chapters by guest authors who discuss their perspectives on the approach and its application across various contexts Personal Consultancy demonstrates that it is possible to combine the reparative work normally associated with counselling with the more proactive goal oriented approach of coaching The result is a method that allows clients to have their counselling and their coaching needs met within one relationship and which allows the practitioner more flexibility and freedom than when using a single approach Personal Consultancy will be essential reading for practicing coaches and counsellors especially those already integrating the two approaches or those looking to do so as well as students and those in training

Counseling Boys and Young Men Suzanne Degges-White, Bonnie R. Colon, 2012-06-05 Counseling Boys and Young Men provides a plethora of information and counseling techniques essential to the continued development of young men The text serves as a noteworthy manual addressing the myriad of issues affecting young males in today's society The Professional Counselor Journal This comprehensive guide to the unique challenges faced by boys and young men encompasses today's most critical issues and presents effective evidence based strategies for treating them Recognizing the specific needs of diverse young males this text covers such contemporary issues as bullying and harassment anger management online gaming addiction pornography and gang membership The differences between the developmental issues of males and females are addressed along with the emotional intellectual and physical changes boys experience as they move into adolescence The difficulties counselors face in their efforts to access emotional expression in boys are discussed along with strategies to overcome these barriers Each chapter includes a comprehensive case scenario that highlights the presenting issue how the issue affects functioning and how effective treatment is best implemented Additional resources for more in depth study are also included throughout the book Key Features Provides guidance to the unique psychological issues of boys and young men along with innovative evidence based treatment strategies Addresses such current topics as bullying harassment risk taking behaviors pornography addiction gambling single parent families and more Includes vivid case studies Explores such social issues as gang membership with a focus on helping young males revise

their self image and social networks Challenging Learning Through Questioning Martin Renton, 2020-05-04 Better questioning for better learning Questioning is a process that sparks discussion and encourages deeper thinking Effective questioning builds on students natural curiosity moving them out of their comfort zone and into the learning zone in a purposeful accessible way It also models the process of good thinking and fosters a culture of high expectations Like any skill questioning takes practice With this insightful guide you ll reframe your thinking and fine tune the three essential questioning skills know your intent plan your responses and stay purposefully silent to elicit noticeably improved responses from students Features include Questioning sequences that work in any discipline Techniques for deepening learning through questioning Organizational strategies for pair small group and whole class dialogues Best practices for balancing questioning thinking tools and strategic silences Exercises activities and review and reflection sections High quality questioning supports a culture in which students are not only challenged but expect to be challenged and where they flourish intellectually Through your questioning you ll give them the tools they need to become thoughtful confident and independent learners **Exploring New Horizons in Career Counselling** Kobus Maree, Annamaria Di Fabio, 2015-11-03 This book brings together eminent global theorists and practitioners to share their views on the evolution of career counselling in recent decades Multiple changes of a fundamental and complex nature as well as related challenges in the world of work have necessitated career counselling to undergo such an evolution The authors examine the future nature and scope of new directions in the field of career counselling psychology and they critically reflect on as well as promote the predominant theoretical and conceptual framework of the field of career counselling The latest models and methods in and for the 21st century are explored and teased out including Mark Savickas proposal to shift the focus in interventions from conceptualising the self as content to seeing the self as a process This approach is in keeping with the notion of career as a story and consistent with leading theories such as Jean Guichard s self construction framework and the life design paradigm The authors deliver an avant garde text that is easy to read and use without diluting the conceptual and terminological complexities of the field The book is an invaluable resource for new emerging and experienced researchers academics scholars researchers psychologists social workers teachers and clients It merges what is known about the field with emerging approaches It gives an overview of theoretical paradigms that can be applied to a changing world of work It makes a critical analysis of germane questions such as What does the future hold for the field of career counselling and how can challenges be turned into opportunities and How can different paradigms approaches and strategies be harnessed to promote clients career life wellbeing and resilience It facilitates an understanding of the skills necessary to deal with career related transitions challenges and barriers to help people acquire transferable career life skills and career choice readiness It examines the importance of career adaptability and how people can develop this vital 21st century survival competency It challenges career counsellors to grasp and acquire skills to promote and advocate social justice agendas It promotes and

demonstrates the exciting and promising notion of dialogue writing to enhance the dialogical work of the career counsellor and client Individually and collectively the authors team up to blend retrospect and prospect and they make a concerted effort to convert 21st century challenges and frontiers in career counselling into opportunities hurt into hope hopelessness into inspiration A Therapist's Guide to Adolescent Development Kimberly M. Jayne, Katherine E. Purswell, 2024-09-03 A Therapist's Guide to Adolescent Development is a practical guide to understanding adolescent development and applying that knowledge in therapeutic practice Chapters explore development and therapeutic considerations for specific age ranges in pre adolescence and early middle and late adolescence The final chapter includes reproducible age specific handouts about adolescent development for use by counselors and therapists to educate and collaborate with adolescents and their significant adults including parents caregivers teachers and mentors Clinical examples representing diverse clients are provided throughout the book to support culturally sustaining practice and practical application This unique and meaningful book will benefit any mental health professional or student who wants to integrate developmental knowledge into practice in a way that educates empowers and promotes collaboration with adolescents rather than pathologizing them

Evidence-Informed Assessment and Practice in Child Welfare John S. Wodarski, Michael J. Holosko, Marvin D. Feit, 2015-01-28 This practice oriented text presents evidence based assessment methods and interventions that have been extensively field tested in child welfare settings The contributors offer empirical and field insights comprehensive treatment models and curricula in key areas such as child maltreatment substance abuse parent training social skills and youth employment interventions For the professional reader the book offers real world guidance on social work practice from hiring opportunities within a system to promoting lasting change as families and their issues grow increasingly complex These chapters also take significant steps toward future improvements in child protection systems as the field evolves toward being more coordinated effective and professional Included in the coverage Legal requisites for social work practice in child abuse and neglect The integrated model for human service delivery in child welfare Risk assessment issues and implementation in child protective services Substance use and abuse screening tools and assessment instruments The process of intervention with multi problem families Preventative services for children and adolescents Its multi level approach makes Evidence Informed Assessment and Practice in Child Welfare an essential professional development text for social workers particularly those new to the job as well as a progressive blueprint for social work administrators

Resistance in Everyday Life Nandita Chaudhary, Pernille Hviid, Giuseppina Marsico, Jakob Waag Villadsen, 2017-07-10 This book is about resistance in everyday life illustrated through empirical contexts from different parts of the world Resistance is a widespread phenomenon in biological social and psychological domains of human cultural development Yet it is not well articulated in the academic literature and when it is resistance is most often considered counter productive Simple evaluations of resistance as positive or negative are avoided in this volume instead it is conceptualised as a vital process for

human development and well being While resistance is usually treated as an extraordinary occurrence the focus here is on everyday resistance as an intentional process where new meaning constructions emerge in thinking feeling acting or simply living with others Resistance is thus conceived as a meaning making activity that operates at the intersection of personal and collective systems The contributors deal with strategies for handling dissent by individuals or groups specifically dissent through resistance Resistance can be a location of intense personal interpersonal and cultural negotiation and that is the primary reason for interest in this phenomenon Ordinary life events contain innumerable instances of agency and resistance This volume discusses their manifestations and it is therefore of interest for academics and researchers of cultural psychology cultural studies anthropology sociology and human development

Oxford Textbook of Rheumatology

Richard A. Watts, Philip G. Conaghan, Christopher Denton, Helen Foster, John Isaacs, Ulf Müller-Ladner, 2013-10-31 The field of rheumatology has undergone numerous exciting advances in recent years especially the development of biological drugs with novel targets made possible by rapid advances in the basic science of musculoskeletal diseases together with improved imaging techniques This thoroughly revised fourth edition of the Oxford Textbook of Rheumatology reflects the changing face of the specialty and the many recent advances in the science treatment and understanding of rheumatic diseases The focus of this comprehensive reference work is the presentation and management of rheumatic conditions at all ages Where relevant treatment approaches are evidence based and cross referenced to national and international guidelines Each clinical chapter provides up to date treatment advice illustrated with clinical vignettes as appropriate and the authors consistently emphasize the overlap of rheumatology with other disciplines With full colour illustrations throughout and a complementary online version the Oxford Textbook of Rheumatology Fourth Edition is an essential reference for all trainees and specialists in the field

Oxford Textbook of Rheumatology

Richard Watts, Richard A Watts, Philip Conaghan, Chris Denton, Helen Foster, John Isaacs, Ulf Müller-Ladner, 2013-10 A strong clinical emphasis is present throughout this volume from the first section of commonly presenting problems through to the section addressing problems shared with a range of other clinical sub specialties

The British National Bibliography

Arthur James Wells, 2009

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