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Enthusiasm, (2) Confidence, (3)  
Belief in the patient's ability to  
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a diploma in counselling or psychotherapy, but could be a bachelor's degree, master's degree or doctorate.

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and support skills have seldom been included in the curricula of either doctors, nurses, or midwives. This course aims to give you training in basic breastfeeding counselling skills, which should enable you to give mothers in your care the support

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Counselling Micro Skills Chapter 1  
- Introduction ... The skills we will  
examine here are attending skills,  
basic questioning skills,  
confrontation, focusing, reflection  
of meaning and influencing skills.  
Many will be familiar with the  
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foundation to more advanced skills, as well as providing practical workplace examples of skills in action, and demonstrating how taking an integrative approach can produce change.

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them. A major new addition to the  
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attractive to those who train  
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skills chapters. After reading a  
particular chapter, the exercises  
relating to that chapter, in part VI

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of the book, can be used by  
trainers to greatly enhance the  
learning process. These exercises  
have been found to be popular  
with both students and those  
teaching them. The chapters  
describing basic and more  
advanced counseling skills are

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arranged in a sequence that is particularly suitable when teaching student counselors to learn and practice using these skills for the first time. The authors adopt an integrative approach that allows the reader to learn, understand, and use

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skills taken from major counseling  
approaches, and to integrate  
these into a sequential process  
that maximizes the possibility of  
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fundamental principles of the counseling relationship, and explain the theories of change applicable to the various approaches to counseling. Unique features include: a highly practical integrative approach; discussion of the specific skills



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required for success; practical suggestions on ways to learn and develop new skills; an understanding of the role of a counselor's supervisor; information on practical issues such as keeping records, arrangement of the counseling

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room, and ways to look after yourself as a counselor; plus practical information on issues of confidentiality and professional ethics. The text will serve as a valuable resource for workers in a wide variety of helping professions where counseling

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skills are useful, such as  
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Wayne Perry has been a therapist  
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beginning counselors and  
therapists: Yes, I know what the  
theory says, but what do I do with  
this particular client? Drawing on  
his decades of experience  
training marriage and family  
therapists, professional  
counselors, and pastoral

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Counselors, he answers that  
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first critical interviews. You'll learn how to: apply nine different sets of clinical tools; select the appropriate tool for the appropriate clinical situation; and improve how you carry out the clinical thinking process. Each chapter concludes with a "Living

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have to adapt if it is to successfully meet the needs and challenges of the future. In an attempt to look afresh at the whole question of training, John Rowan proposes that there are three ways of doing therapy and any examination of training has to consider each of

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these: \* the instrumental, where the main emphasis is on the treating the client or patient \* the authentic way, where the main emphasis is on meeting the client or patient \* the transpersonal way, where main emphasis is on linking with the client in a more

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personal way. Each approach makes different assumptions about the self, about the relationship, and about the level of consciousness involved in doing therapy. By challenging the basic precepts of traditional training, John Rowan encourages

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the reader to reconsider subjects including the difference between counselling and psychotherapy, culture and ethics, the origins of disturbance in clients, and child development. The Future of Training in Psychotherapy and Counselling provides a much

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needed new perspective that will  
compel all psychotherapists and  
counsellors to take a closer look  
at training in the field.

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tone, this book will help you to create your own practical self-care action plan through reflection on important issues, such as managing stress, establishing personal and professional boundaries, enhancing relationships, and



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