

The Feminist Bookshop

Counselling & Psychotherapy 1

Psychotherapy with Older Adults 3ed

Bob G Knight

This Third Edition of the bestselling *Psychotherapy with Older Adults* continues to offer students and professionals a thorough overview of psychotherapy with older adults. Using the contextual, cohort-based, maturity, specific challenge (CCMSC) model, it draws upon findings from scientific gerontology and life-span developmental psychology to describe how psychotherapy needs to be adapted for work with older adults, as well as when it is similar to therapeutic work with younger adults.

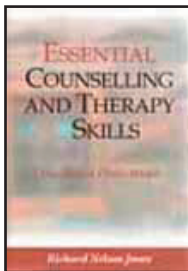
PBK 344PP 9780761923732 \$79

Essential Counselling and Therapy Skills : The Skilled Client Model

Richard Nelson-Jones

Essential Counselling and Therapy Skills is written for trainees who are beginning to work with clients under supervision. Building on what has been learnt during introductory courses, the book supports students in the next stage of their practical skills development. Written by leading author, Richard Nelson-Jones, *Essential Counselling and Therapy Skills* is a step-by-step guide to therapeutic work using the 'skilled client model'.

PBK 400PP 9780761954736 \$72



Basic Counselling Skills : A Helper's Manual

Richard Nelson-Jones

Basic Counselling Skills is a step-by-step guide for all who use counselling skills as part of their role. Counselling skills are used by professionals and volunteers to help others in a wide range of circumstances and settings - including health care, social work, education and agencies which provide specific advice and support to the public.

PBK 192PP 9780761941619 \$56.95



Multicultural Counselling

Stephen Palmer

Multicultural Counselling provides insights and provokes debate about the impact of race and ethnicity on counsellors, their clients and the therapeutic process. Edited by Stephen Palmer, this collection of 20 articles represents the multiplicity of issues raised by counselling in a multicultural society.

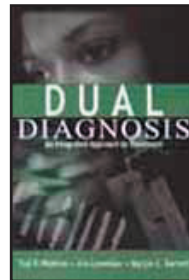
PBK 304PP 9780761963769 \$78

Dual Diagnosis : An Integrated Approach to Treatment

Ted R Watkins, Marjie C. Barrett, Ara Lewellen

Dual Diagnosis presents a model that integrates theory and research from substance abuse and mental health as well as proposing simultaneous integrated treatment in a single setting. Building upon a solid theoretical and research foundation, the book discusses the unique problems and treatment methods tailored for specific mental illnesses when combined with substance abuse, including schizophrenia, bipolar disorder, major depression, major personality disorders and anxiety disorders.

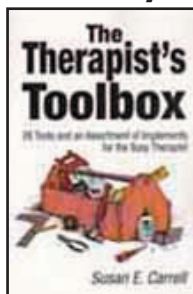
PBK 208PP 9780761915584 \$83



Therapist's Toolbox : 26 Tools & an Assortment of Implements for the Busy Therapist

Susan Carrell

The Therapist's Toolbox is a practical manual of easy-to-apply, sure-fire therapy techniques for the busy therapist or counselor. It answers the need many therapists have when they are "stuck" for a new (to them) technique to introduce a certain psychological construct in a therapy session. Aimed at practice with adult clients, this book grows out of the author's



own frustrations and experiences of attending continuing education seminars and buying professional books and finding only a few practical, useful techniques that can be used immediately with clients.

PBK 193PP 9780761922643 \$45.95

Counselling Adolescents : The Pro-Active Approach 2ed

Geldard K & Geldard D

Counselling Adolescents: The Pro-Active Approach

is a practical and informative introduction to the specific issues associated with counselling adolescents, and describes how traditional counselling skills can be enhanced by the use of pro-active processes for more effective use with this client group.

PBK 256PP 9781412902359 \$62

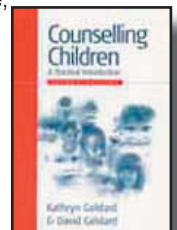


Counselling Children : A Practical Introduction, 2ed

Geldard K & Geldard D

In this second edition, Kathryn and David Geldard relate the theory and practice of counselling children in a highly accessible, practical and jargon-free style. *Counselling Children* is an invaluable resource for students and professionals in many fields including counselling, social work, psychology, occupational therapy, mental health, nursing and education.

PBK 264PP 9780761947288 \$62



Standards and Ethics for Counselling in Action 2ed

Tim Bond

Standards & Ethics for Counselling in Action is the highly acclaimed guide to the major responsibilities which trainees and counsellors in practice must be aware of before working with clients. Tim Bond outlines the values and ethical principles inherent in counselling and points out that the counsellor is at the centre of a series of responsibilities: to the client, to him/herself as a counsellor and to the wider community.

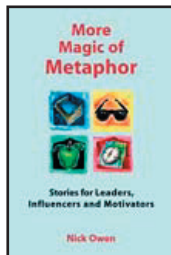
PBK 288PP 9780761963097 \$57.95

**Magic of Metaphor : 77
Stories for Teachers
Trainers & Thinkers**

Nick Owen

The Magic of Metaphor

presents a collection of stories designed to engage, inspire and transform the listener and the reader. Some of the stories motivate, some are spiritual, and some provide strategies for excellence. All promote positive feelings, encouraging confidence, direction and vision. The stories contained in *The Magic of Metaphor* focus on values, responsibility, and leadership in all its forms. They have been specially selected to promote change in people's ideas, attitudes, beliefs, visions and behaviors.



PBK 220PP 9781904424413 \$57.95

Narrative Therapy 2ed

Payne M

Narrative Therapy, Second Edition, offers

a clear, concise overview of the narrative approach without oversimplifying its theoretical underpinnings and practice. Narrative therapy places stories at the heart of the therapeutic process and focuses on the importance of people's expressions of their experiences of life. Its main premise is that the telling and re-telling of life experiences through story-telling in a therapeutic setting can enable difference and change within the life of the client.

PBK 256PP 9781412920131 \$68

Counselling for Grief & Bereavement (New Edition)

Humphrey G & Zimpfer D

In Counselling for Grief and Bereavement, Second Edition Geraldine Humphrey and David Zimpfer take readers step-by-step through the skills needed to facilitate the process of grief, initiate healing and promote a sense of growth. Providing a firm theoretical base, the authors discuss the concepts and categories of attachment, loss and grief. Carefully chosen case examples are included throughout and specific attention is paid to ethics and to the possible need for referral.

PBK 328PP 9781412935661 \$70

**Cognitive-Behavioural
Counselling in Action**

Peter Trower, Andrew Casey, Windy Dryden

This eminently practical guide is designed for trainee and practising counsellors and other professional helpers. *Cognitive-Behavioural Counselling* offers a powerful method for helping clients to change their thinking and behaviour so as to overcome their difficulties.

PBK 160PP 9780761940746 \$53.95

**Brief Counselling in Schools:
Working with Young People
from 11 to 18 2ed**

Dennis Lines

Brief Counselling in Schools, Second Edition is a practical guide to providing help and support to young people experiencing a range of difficulties in their home and school lives. Recognizing the constraints of working within school settings, the book illustrates how counselling can nevertheless be effective, even when time is short and confidentiality is hard to preserve.

PBK 242PP 9781412924016 \$68

**Counselling for Alcohol
Problems 2ed**

Richard Velleman

Counselling for Alcohol Problems provides clear guidance for counsellors and demonstrates the need to treat every client as an individual, attempting to understand and hence enable the client to understand, what they are doing and why. This Second Edition has been thoroughly revised, and now contains an additional chapter on working with people who also have mental health difficulties, as well as up-to-date information about new drug treatments and withdrawal relief methods, drinking guidelines, and evidence-based approaches.

PBK 224PP 9780761965794 \$64

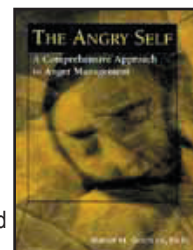
**Angry Self : a
Comprehensive Approach to
Anger Management**

Miriam Gottlieb

The Angry Self is a resource for any counselor dealing with a client who has an anger problem, or whose anger is getting in the way of resolving some other problem. It consists of nine chapters,

each with a specific therapeutic goal. The chapters are divided into units. A typical unit contains a small amount of explanatory text, a story or two to illustrate the point being made, and an exercise for the client to do.

PBK 143PP 9781891944079 \$45.95

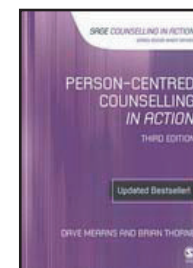


**Person-Centred
Counselling in Action 3ed**

Mearns D & Thorne B

This substantially revised Third Edition provides an excellent introduction to the theory and practice of person-centred counselling while incorporating exciting new developments in the approach. Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors. At the same time they provoke reflection on many of the key issues which concern not only person-centred practitioners but those across the whole counselling and psychotherapy field.

PBK 328PP 9781412928557 \$66



**SAGE Handbook of Counsel-
ling and Psychotherapy 2ed**

Feltham C & Horton I

The SAGE Handbook of Counselling and Psychotherapy, Second Edition, is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike. Comprising succinct and easy-to-access contributions, the Handbook describes not only the traditional skills and theoretical models, but also the most common client concerns brought to therapy and the particular skills required for different practice settings and client groups.

PBK 784PP 9781412902755 \$106

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