



Essential Counselling and Therapy Skills: The Skilled Client Model

Richard Nelson-Jones

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Essential Counseling 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 Counseling and Therapy Skills** is a step-by-step guide to therapeutic work using the "skilled client model". Central to this innovative approach, is the assumption that the skill of counselors and therapists lies in their capacity to impart skills to clients. The book focuses on: establishing collaborative working relationships; working with clients to find shared definitions of their problems; enabling clients to improve how they think, communicate and act; and dealing with questions of diversity, ethical practice and the value of supervision.

Accessibly written, the book contains numerous skills building activities and case examples, making **Essential Counseling and Therapy Skills** an ideal textbook for practical skills training in counseling, counseling psychology, psychotherapy and other helping professions.

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