

Counselling & Psychotherapy 2019

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Publishing

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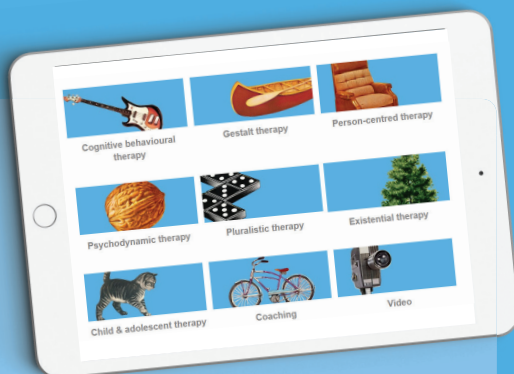


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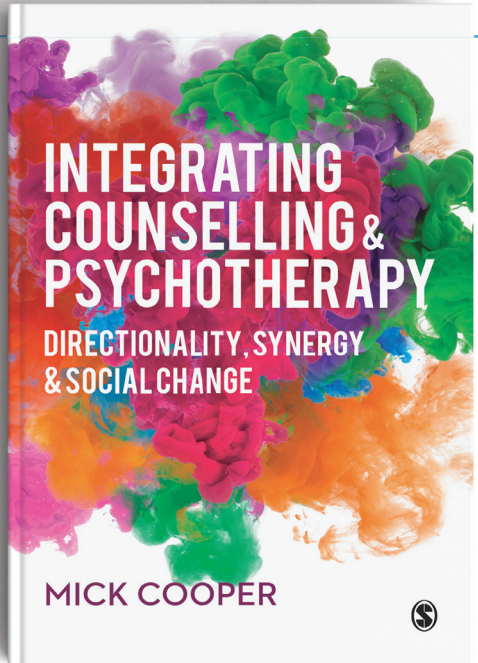


INTEGRATING COUNSELLING & PSYCHOTHERAPY

Directionality, Synergy and Social Change

Mick Cooper *University of Roehampton*

This book presents a framework for understanding distress and change that can unite different orientations, along with sociopolitical perspectives. Its starting point is that therapy aims to help clients move towards the things they most deeply want. It shows how the actualisation of these 'directions' leads to greater wellbeing, and how this can be brought about through the development of internal and external synergies. Using in-depth cases, the book provides detailed guidance on how this framework can be applied. It will help trainees and practitioners feel better equipped to understand, and work with, their clients' directions — tailoring the therapy to their unique wants.



CONTENTS

Towards a Common Framework for Counselling and Psychotherapy / Part 1: A Common Framework for Counselling Psychotherapy and Social Change: Describing the Elephant / Directionality: Philosophical Foundations / A Phase Model of Directionality: From Fantasy to Action / Wellbeing and Emotions: Life 'On Track' / Goal Dimensions: What we Strive for Counts / A Structural Model of Directionality: What we Really, Really Want / Effectiveness: Better Ways of Getting Where we Want to be / Synergies are Good / From Intrapersonal to Interpersonal Levels of Organisation: Playing to Win-Win / Part 2: Resources for an Integrative Practice: Putting the Elephant Back Together / Psychodynamic Approaches within a Directional Framework: Change Through Awareness / Humanistic Approaches within a Directional Framework / Existential Approaches within a Directional Framework / Cognitive-Behavioural Approaches within a Directional Framework / Part 3: Directional Practices: Riding the Elephant / Goal-Oriented Practices / Working with Directions in Counselling and Psychotherapy / Developing Interpersonal Synergies / Towards Better



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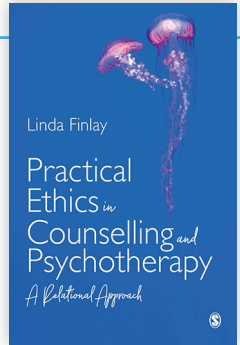
February 2019 • 312 pages
Cloth (9781526440020) • £75.00
Paper (9781526440037) • £24.99

PRACTICAL ETHICS IN COUNSELLING AND PSYCHOTHERAPY

A Relational Approach

Linda Finlay *The Open University*

This highly engaging book introduces readers to the ethical dilemmas that therapists may face. By mapping the counselling process from beginning to end, it focuses on key ethical issues such as informed consent, confidentiality, boundaries, the use of touch and dual relationships. It draws on a series of in-depth case studies illustrating ethical dilemmas, and presents the reader with reflective questions at the end of each example.



CONTENTS

Part 1: The Context of 'Relational Ethics' / A Relational Approach to Ethics / Professional Codes and Legal Frameworks: Thinking Relationally / Care as a Relational Ethic and its 'Shadow' / Living Ethics within a Social World; 'Walking the Talk' / Part 2: Relational Ethics within the Therapeutic Relationship / 'First Contact': Creating Ethical Therapeutic Spaces / Ethical Boundarying / Ethical 'Holding' / Ethical Containing / Ethical Endings / Part 3: Relational Ethics in Practice / Karim: Brief Therapy and CBT / Susan: Integrating Creatively? / Gary: Working with Anger in Context / Star: Containing and Boundarying? / Luke: Intergenerational Trauma Work



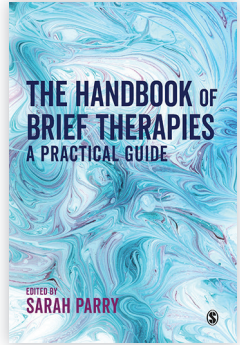
March 2019 • 216 pages
Cloth (9781526459282) • £75.00
Paper (9781526459299) • £24.99

THE HANDBOOK OF BRIEF THERAPIES

A Practical Guide

Edited by Sarah Parry *Manchester Metropolitan University*

This step-by-step guide offers a range of contemporary and popular brief treatments, suitable for a range of client groups and professional settings. Following a comprehensive introduction, each chapter provides an introduction to the theoretical underpinnings and evidence-based brief intervention, followed by guidance on how to implement the approaches with useful 'top tips', worksheets and examples from practice.



CONTENTS

Part 1: Core Approaches / Brief Cognitive Behavioural Therapy / Time-Limited Person Centred Therapy / Motivational Interviewing / Solution-Focused Brief Therapy / Short-Term Family Therapy / Brief Acceptance and Commitment Therapy / Brief Dynamic Interpersonal Therapy (DIT) / Cognitive Analytic Therapy (CAT) and Psychodynamic Interpersonal Therapy / Part 2: Integrative Approaches / Brief Uses of Compassionate Mind Training / Brief Interventions Using Artistic Expression / Brief Interventions in Hospital Settings / Computer-Assisted Cognitive Behavioural Therapy / Psychoeducation / Integrating Core Approaches / Comparative Summary Table



March 2019 • 248 pages
Cloth (9781526436412) • £85.00
Paper (9781526436429) • £28.99

PERSON-CENTRED EXPERIENTIAL COUNSELLING FOR DEPRESSION

Second Edition

David Murphy *University of Nottingham*

This is a landmark text that establishes humanistic counselling as an evidence-based psychological intervention and is essential reading for trainees wishing to work in public health settings. Coverage includes: evidence-based practice and person-centred and experiential therapies; the counselling for depression competence framework; in-depth case studies illustrating counselling for depression in practice; training, supervision and research.

CONTENTS

Person-Centred Experiential Therapy / The Person-Centred Experiential Theory of Depression / First Meetings and the Initial Phase Sessions / Early Sessions Phase of PCE-CfD / Middle Phase Sessions / Final Phase and Endings / Training, Supervision & Research / Future Orientations and Conclusions / Appendix 1: List of Competencies / Appendix 2: Person-Centred & Experiential Psychotherapy Scales (PCEPs) / Appendix 3: PCE-CfD Supervision Adherence Scale / Appendix 4: Measurement Scales



July 2019 • 224 pages

Cloth (9781526446800) • £75.00

Paper (9781526446817) • £25.99

A STUDENT'S GUIDE TO THERAPEUTIC COUNSELLING

Kelly Budd, Sandra McKeever, Traci Postings
and Heather Price *CPCAB*

This practical book, co-published with the CPCAB aims to be a training guide that is based around the seven areas that students have to evidence in order to become accredited at L4. It offers a firm foundation in knowledge and skills, looks at practice issues, helps with study, and also answers the most common questions students have when training.

CONTENTS

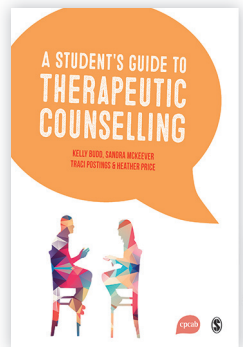
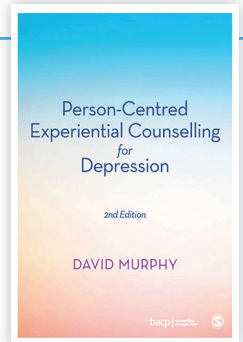
Part 1: Training to be a Counsellor / Working Ethically and Safely as a Counselling Professional / The Therapeutic Counselling Relationship / Working with Client Diversity / A User-Centred Approach / Self-Awareness in the Counselling Process / Counselling Skills and Theory / Working Self Reflectively / Part 2: Practice Issues / Finding a Placement / Personal Therapy Requirements / Supervision / Part 3: Professional Issues / What If? / What Next?



November 2019 • 296 pages

Cloth (9781526408297) • £70.00

Paper (9781526408303) • £23.99



sample cover

COUNSELLING ADOLESCENTS

The Proactive Approach for Young People

Fifth Edition

Kathryn Geldard, David Geldard and Rebecca Yin
Foo Educational and Developmental Psychologist

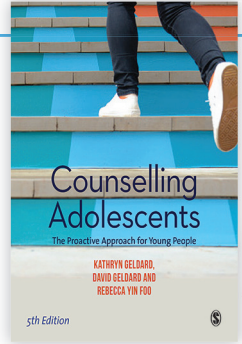
This is the definitive guide to counselling adolescents. Now in its fourth edition, this bestseller has introduced thousands of trainees and practitioners to the theory, principles, skills and techniques of proactively counselling this client group. A multi-disciplinary book which recognises that a diversity of needs requires a diversity of approaches and skills, it uses case studies and examples to demonstrate this in a variety of settings.

CONTENTS

Part 1: Understanding the Young Person / The Nature of Adolescence / The Influence of Childhood Experiences / Young People's Environments / The Development of Mental Health Problems / Part 2: Proactive Counselling for Young People / Making Counselling Relevant for Young People / The Proactive Process for Counselling Young People / Foundations of the Proactive Approach / Making Use of Adolescent Communication Processes / Useful Counselling Micro-skills / Promoting Change in Young People / Maintaining a Collaborative Relationship / Part 3: Counselling Strategies / Symbolic Strategies / Creative Strategies / Behavioural and Cognitive Behavioural Strategies / Psycho-educational Strategies / The Use of Technology when Counselling Young People / Part 4: Proactive Counselling in Practice / Professional and Ethical Issues / Case Studies



October 2019 • 360 pages
Cloth (9781526463524) • £85.00
Paper (9781526463531) • £29.99



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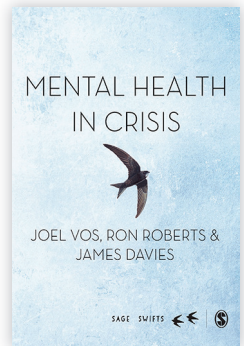
MENTAL HEALTH IN CRISIS

Joel Vos *Metanoia Institute, London*, **Ron Roberts**
 and **James Davies** *University of Roehampton*

At a time of huge pressures on mental health services, this highly topical, broad-ranging and thought-provoking analysis of the mental health crisis examines the current challenges in mental health service delivery and access using a range of perspectives (political, economic, and cultural, organisational issues). It then puts forward a number of alternatives, reviewing both current and alternative initiatives, and exploring what is needed for a mentally healthy society.

SAGE SWIFTS

April 2019 • 170 pages
Cloth (9781526492203) • £45.00
Electronic (9781526492586) • £15.00



AN INTRODUCTION TO RESEARCH IN COGNITIVE BEHAVIOURAL THERAPY

Sarah Rakovshik *Oxford Cognitive Therapy Centre*

This book will help guide students through all the necessary levels of working with and then doing research. It begins with the general principles, grappling with evidence and understanding statistics. It then moves on to show how to critically engage with, interpret and evaluate research so that it can be used to shape practice. Ultimately, this book will help readers see the relevance of research in their working lives and empower them to become active and keen researchers.

CONTENTS

Part 1: Why Does Research Matter in CBT? / What is Research and Why Do we Bother? / Why Evidence Matters: The Research-Practice Gap / Part 2: What Do I Need to Know to Understand Research? / Different Approaches to Evidence / Common Forms of Research in CBT / The Role of Statistics / Part 3: How Can I Use Existing Research? / Finding Relevant Research / Evaluating Evidence / Part 4: How Do I Conduct My Own Research? / Research Question(s) and Research Design / Ethical Issues in Research / The Data Collection Phase / The Data Analysis Phase / Disseminating Your Research



October 2019 • 296 pages

Cloth (9781526427120) • £85.00

Paper (9781526427137) • £28.99

ADVANCED COACHING PRACTICE

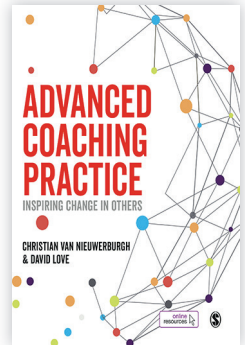
Inspiring Change in Others

Christian van Nieuwerburgh *ICCE Ltd. (International Centre for Coaching in Education)* and **David Love** *Henley Business School*

Bridging the gap between beginner and master coach, this text helps the reader to become a skilled coach practitioner through a focus on experience, practice and reflection. Chapters address key practice issues, such as prioritising the coaching relationship, the use of challenge, making the most of diversity, and supporting the change process. This book allows readers access into the coaching room with supporting clips of coaching conversations by expert practitioners that are discussed in depth.

CONTENTS

The Complexity of Advanced Coaching Practice / Being Focused on Process and Prioritising the Relationship / Being Challenging and Letting Things Go / Being Fully Present and Attending to the Wider Context / Being Tenacious and Encouraging Autonomy / Being Creative and Protecting Trust / Being Ethical and Staying True to Personal Values / Being Who You are and Adapting to Others / Being Committed to Outcomes and Prioritising Wellbeing / Being Impartial and Strengthening Hopefulness / Being



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May 2019 • 176 pages

Cloth (9781526421234) • £75.00

Paper (9781526421241) • £24.99

COACHING AND MENTORING RESEARCH

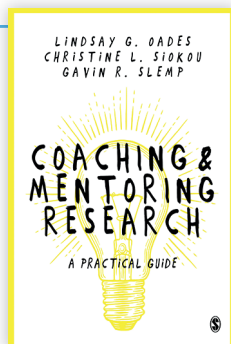
A Practical Guide

Lindsay Oades, Christine L. Siokou and Gavin Slemp
University of Melbourne

This new core textbook starts with an introduction to the basic principles of research theory and practice, explaining why we need to do research, what it is and why it's important. It then moves on to cover the ins and outs of actually doing research. This is an accessible guide that provides students with everything they need to know in one place.



June 2019 • 224 pages
 Cloth (9781473912960) • £75.00
 Paper (9781473912977) • £25.99



THE TRAINEE COACH HANDBOOK

Edited by **Mary Watts** *City University*, **Robert Bor** *Royal Free Hospital*
 and **Ian Florance** *Managing Director, Only Connect Ltd*

This handbook can be used at any level of training and is focused on helping trainees with the practical aspect of training such as becoming accredited, doing research and how supervision works.

CONTENTS

Setting the Scene / Where Coaching Happens / Training Routes and Accreditation / The Coaching Relationship / Guidelines for Professional and Ethical Practice / A Model for an Initial Coaching Session with a Client / Beyond the First Session: Models of Coaching / Skills and Tools in Coaching / Reflecting on Practice / Supervision: Making it Work for You / Meeting Your Programme Requirements / Students Top Tips / What do I do if.....? / Planning, Conducting and Writing up Coaching Research / Establishing Yourself as a Coach / Social Media, Technology and Online Coaching / Looking to the Future



November 2019 • 320 pages
 Cloth (9781526424693) • £85.00
 Paper (9781526424709) • £29.99

STEPS TO RECOVERY

A Clinician's Guide

Graeme Flaherty-Jones and Sarah Dexter-Smith both
 at *Tees Esk and Wear Valleys NHS Foundation Trust*

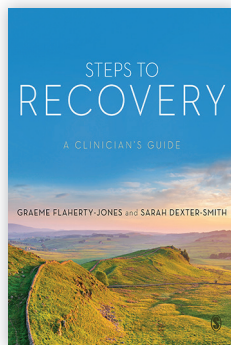
This practical book enables practitioners to implement recovery principles into their work within mental health services. It provides a step-by-step map to working with individual clients, with each chapter representing a session. The approach draws on recovery philosophy and narrative therapy techniques, with the emphasis on the client being supported to devise their own recovery narrative. It also comes with access to downloadable worksheets and crib sheets that can be used as prompts within the session.

CONTENTS

Session 1: What is Recovery? Creating the Landscape / Session 2: Who am I? Connecting with Identity / Session 3: Understanding Mental Health: Perceptions, Stigma and Myths / Session 4: Hope and Recovery / Session 5: Harnessing Skills and Resources: Doing Something Different / Session 6: Developing and Maintaining Relationships / Session 7: Returning to Recovery / Session 8: Witnesses to Recovery / Session 9: Evaluating the Recovery Journey



August 2019 • 136 pages
 Cloth (9781526459046) • £75.00
 Paper (9781526459053) • £25.99



**BESTSELLER**

AN INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY

From Theory to Practice

Second Edition

Andrew Reeves *University of
Liverpool Counselling Service*

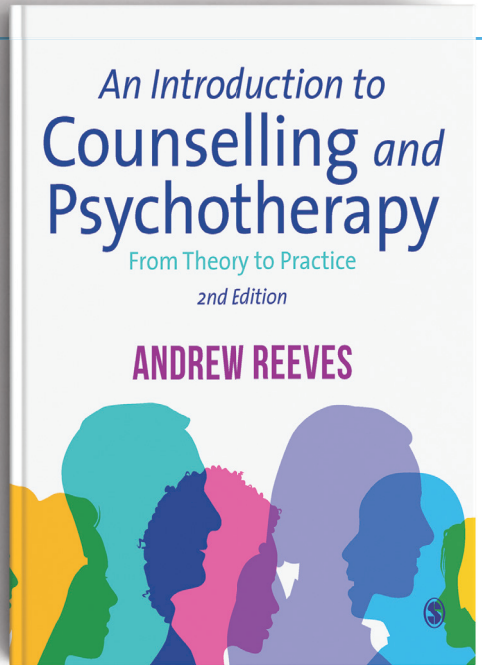
This book introduces readers to what they need to know about counselling and psychotherapy theory, skills and practice. Drawing on years of experience as a counselling practitioner and educator, Andrew Reeves links theory to the development of appropriate skills and locates it within the context of therapeutic practice. Features including chapter summaries, discussion questions, prompts for reflection, case examples and further reading help students to apply what they've learnt and give them the confidence to progress into practice. The book covers:

- key theoretical approaches
- personal development
- counselling skills
- professional settings
- law, policy, values and ethics
- working with difference and diversity
- client and present issues, and more

Learning is also supported by a wealth of online resources such as case studies and videos that show what theory looks like in practice, as well as journal articles to help extend knowledge. This is the essential text for any trainee practitioner, or for anyone needing an introduction to the foundations of counselling theory and practice.

CONTENTS

Part 1: Setting the Context / What are the Counselling Professions? / Becoming a Counsellor or Psychotherapist: Personal and Professional Development / Part 2: Counselling & Psychotherapy Approaches / Psychodynamic Counselling and Psychotherapy / Cognitive-behavioural Counselling and Psychotherapy / Humanistic Counselling and Psychotherapy / Integrative and Pluralistic Counselling and Psychotherapy / Other Key Counselling and Psychotherapy Approaches / Part 3: Counselling Practice and Skills / The Therapeutic Relationship / Therapist Competencies and Counselling Skills / Clients and Presenting Issues / Working with Diversity and Difference / Part 4: Professional Issues / Professional Settings and Organisations / Law, Policy, Values and Ethics / Managing Professional Responsibilities / Developing Your Practice: Supervision, Research, Career Development



online
resources 

May 2018 • 528 pages

Cloth (9781526423849) • £90.00

Paper (9781526423856) • £31.99

BESTSELLER

PERSON-CENTRED COUNSELLING IN ACTION

Fourth Edition

Dave Mearns *University of Strathclyde*, **Brian Thorne** *Norwich Centre for Personal and Professional Development* and **John McLeod** *University of Oslo*

"A must have book for anyone who is practicing as a person-centred therapist. It is also very student friendly and should be on the reading list for all counselling trainers and trainees. A fantastic, beautifully written book that has stood the test of time."

- Mrs Gael Kilduff, *Social Science*, PCI College

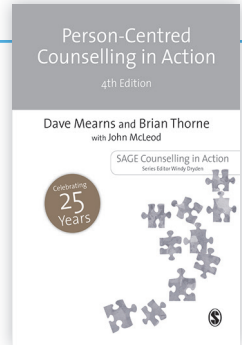
COUNSELLING IN ACTION SERIES



2013 • 240 pages

Cloth (9781446252529) • £91.00

Paper (9781446252536) • £27.99



BESTSELLER

SKILLS IN PERSON-CENTRED COUNSELLING & PSYCHOTHERAPY

Third Edition

Janet Tolan *Consultant, private practice* and **Rose Cameron** *University of Edinburgh*

"This revised edition of a classic in person-centred therapy combines both an accessible introduction to becoming a practitioner, and an up-to-date, socially situated, and academically rigorous essential guide. It is rare to find a single volume that allows beginning students to reflect on their own experience, while remaining academically and theoretically rigorous."

- Carol Wolter-Gustafson

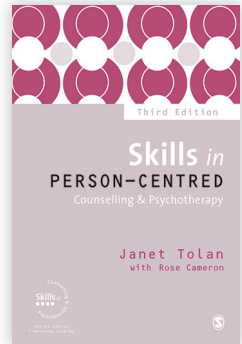
SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES



2016 • 248 pages

Cloth (9781473926585) • £79.00

Paper (9781473926592) • £25.99



SKILLS IN GESTALT COUNSELLING & PSYCHOTHERAPY

Fourth Edition

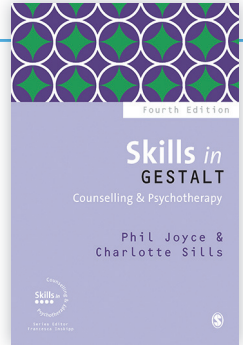
Phil Joyce *Metanoia Institute, London* and **Charlotte Sills** *Metanoia Institute and Ashridge College*

A practical and accessible guide to the gestalt approach, now with updated content on trauma, mindfulness and awareness, and new case examples and exercises.

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES



April 2018 • 344 pages
Cloth (9781526420695) • £75.00
Paper (9781526420701) • £26.99



STANDARDS AND ETHICS FOR COUNSELLING IN ACTION

Fourth Edition

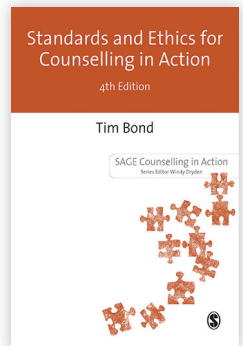
Tim Bond *University of Bristol*

With free access to an interactive eBook this book gives your students on-the-go access to a wealth of digital resources supporting the print edition, including: 16 counselling scenario videos, 16 author discussion videos, an interactive glossary, journal articles, interactive multiple choice questions and live links to useful websites.

COUNSELLING IN ACTION SERIES



2015 • 352 pages
Cloth (9781446273937) • £93.00
Paper & interactive eBook (9781473913974) • £32.99



INTEGRATIVE COUNSELLING SKILLS IN ACTION

Third Edition

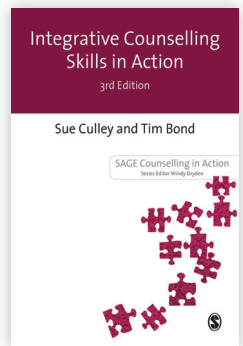
Sue Culley *Retired Freelance Consultant* and **Tim Bond** *University of Bristol*

This popular book provides step-by-step guidance for using counselling skills in a variety of helping situations using illustrative case examples and practical checklists and summaries.

COUNSELLING IN ACTION SERIES



2011 • 224 pages
Cloth (9781848601512) • £87.00
Paper (9781848601529) • £26.99



PSYCHODYNAMIC COUNSELLING IN A NUTSHELL

Third Edition

Susan Howard *University of Surrey*

With new material on working with diversity and difference, neuroscience and extended discussion on ethics, this is a quick and easy introduction to the psychodynamic approach.

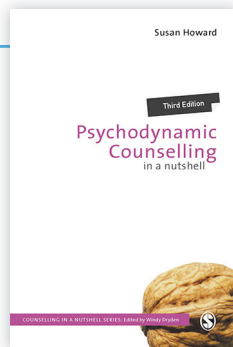
COUNSELLING IN A NUTSHELL



May 2018 • 160 pages

Cloth (9781526438676) • £63.00

Paper (9781526438669) • £19.99



BESTSELLER

COUNSELLING SKILLS AND STUDIES

Second Edition

Fiona Ballantine Dykes, Traci Postings, Barry Kopp
and **Anthony Crouch** *CPCAB*

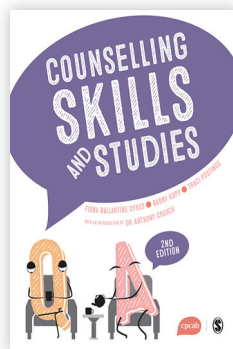
Packed full of practical activities and written in a supportive conversational style, this book is essential reading for anyone wanting to learn counselling skills or embarking on their first stage of training to be a counsellor.



2017 • 336 pages

Cloth (9781473980983) • £68.00

Paper (9781473980990) • £23.99



BESTSELLER

ESSENTIAL RESEARCH FINDINGS IN COUNSELLING AND PSYCHOTHERAPY

The Facts are Friendly

Mick Cooper *University of Roehampton*

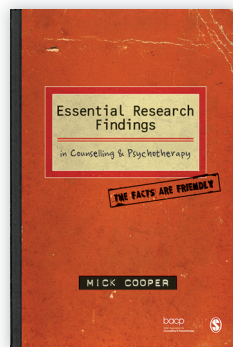
Providing trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field, this book sets out, in a jargon-free way, the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes.



2008 • 256 pages

Cloth (9781847870421) • £87.00

Paper (9781847870438) • £25.99

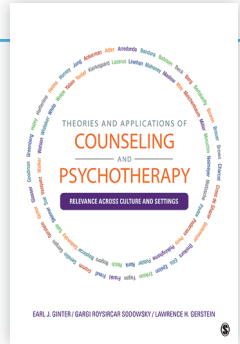


THEORIES AND APPLICATIONS OF COUNSELING AND PSYCHOTHERAPY

Relevance Across Cultures and Settings

Earl J. Ginter *The University of Georgia*, **Gargi Roysircar** *Antioch University New England* and **Lawrence H. Gerstein** *Ball State University*

Provides students with the foundational knowledge they need to understand and implement the various therapeutic approaches used in individual counseling. The dynamic author team brings decades of expertise in the classroom and the field evaluating theories, analyzing multicultural practices, and advocating for social justice to their writing.



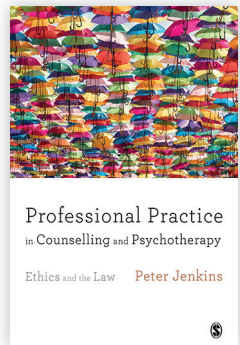
April 2018 • 640 pages
Paper (9781412967594) • £100.00

PROFESSIONAL PRACTICE IN COUNSELLING AND PSYCHOTHERAPY

Ethics and the Law

Peter Jenkins

Structured around the BACP Core Curriculum, and with the help of exercises, case studies and tips for further reading, this book covers everything from the requirements of the BACP Ethical Framework to broader perspectives on good professional practice.



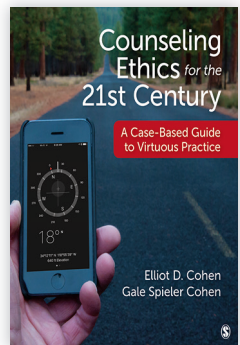
2017 • 240 pages
Cloth (9781446296639) • £74.00
Paper (9781446296646) • £25.99

COUNSELING ETHICS FOR THE 21ST CENTURY

A Case-Based Guide to Virtuous Practice

Elliot D. Cohen *Florida State University College of Medicine* and **Gale Spieler Cohen** *Indian River State College*

Even with the development of codes of ethics and laws, counseling professionals are often left in quandaries when it comes to questions of ethics. In this book students are provided with a systematic, philosophical approach to mental health ethics. The authors have created a comprehensive model of ethical decision-making that helps students to define the problem, identify relevant facts, conduct an ethical analysis, make a decision and implement it into action.



March 2018 • 272 pages
Paper (9781506345475) • £69.00

THE SPECTRUM OF ADDICTION

Evidence-Based Assessment, Prevention, and Treatment Across the Lifespan

Laura J. Veach *Wake Forest School of Medicine*
and **Regina R. Moro** *Boise State University*

"This textbook provides an updated, comprehensible 21st-century foundation for the understanding of an age-old struggle with problems surrounding addictions."

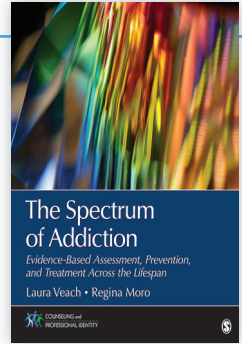
- **Arlene Saum**, *Daytona State College*

With a unique focus on neuroscience, integration of CACREP standards, and extensive coverage of addictions across the lifespan, this book serves as a practical resource for future addiction counselors. It presents a comprehensive overview of addictive behaviors and habits from early use through risky use, severe-risk use, and addiction.

COUNSELING AND PROFESSIONAL IDENTITY

2017 • 360 pages

Paper (9781483364834) • £68.00



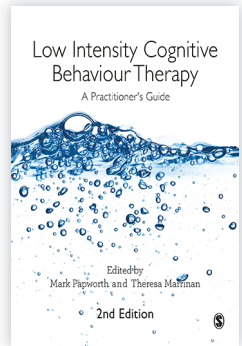
LOW INTENSITY COGNITIVE BEHAVIOUR THERAPY

A Practitioner's Guide

Second Edition

Edited by **Mark Papworth** and **Theresa Marrinan**
both at *Newcastle University*

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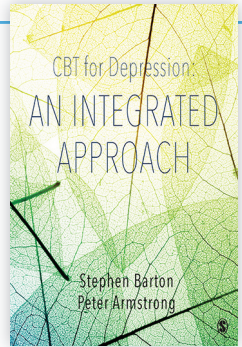
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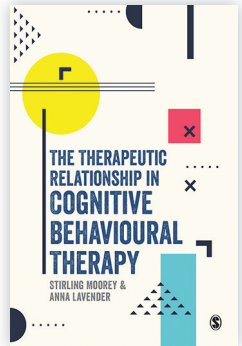


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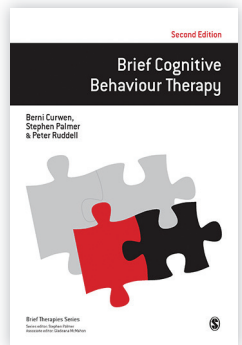
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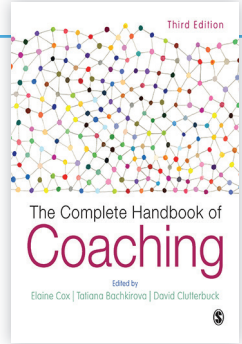
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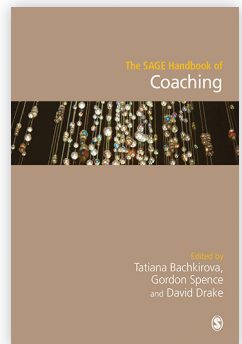
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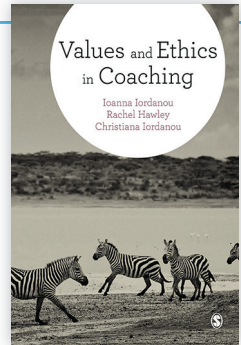
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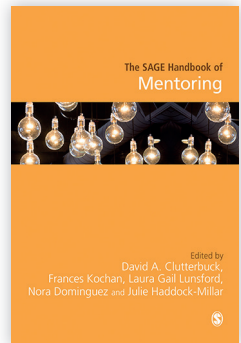
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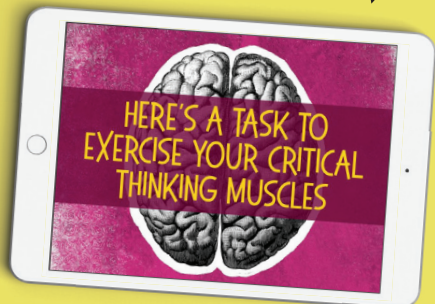
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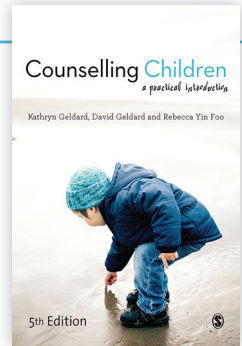
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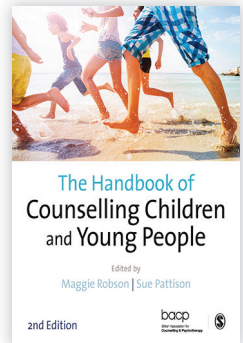
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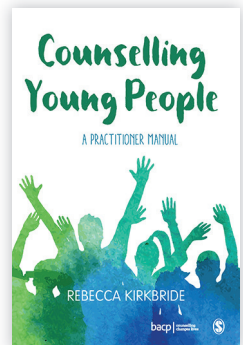
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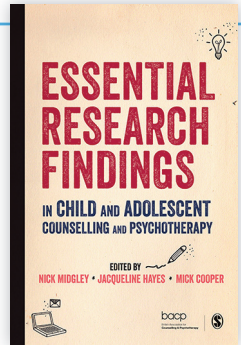
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