



Basic Personal Counseling: A Training Manual for Counselors

David Geldard, Garry Anderson

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Basic Personal Counseling is an easy-to-read introduction to counseling skills for both student and professional counselors and workers in the helping professions. Up-to-date and reflecting current best practice, this text provides the following: introduces counseling skills in a logical sequence and provides practical examples of the skills in action; shows how combining counseling skills using an integrative approach can produce change; discusses the processes of change involved in counseling; provides approaches for counseling people with specific problems such as anger, depression, grief or suicidal thoughts; discusses professional issues including confidentiality, ethics, record-keeping, arrangement of a counseling room, the need to care for yourself, and the importance and use of supervision. The micro-skill section of this book is designed to enable the student to understand, learn, and master each micro-skill. The sequence in which these skills are presented is such that they build on each other, thereby enabling the student to fully master each one before proceeding to the next skill. This training manual will be useful as an initial text for both professional and volunteer counselor trainees. It is ideal for use in counselor training of social workers, psychologists, clergymen, crisis counselors, medical practitioners, volunteer counselors, and other members of the community who may wish to develop counseling skills.

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