



Learning to Counsel: Develop the Skills, Insight and Knowledge to Counsel Others (How to)

By Jan Sutton

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The new edition of this popular and userfriendly book has been thoughtfully revised, updated and expanded. Fresh information has been added to keep pace with the rapidly advancing field of counselling and psychotherapy. Learning to Counsel, Third Edition, contains an abundance of illustrative graphics, case studies, examples of skills in practice, practical exercises, and sample letters, forms and checklists designed to stimulate learning. Its predecessor appears on the recommended reading list of several counselling certificate courses. This new revised edition is an ideal text for those contemplating embarking on a counselling course, trainee counsellors, counselling tutors to use in training, professionals working in the area of health care, management, and education, and counsellors working in the voluntary sector.

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Editorial Review

Review

Counselling and Psychological Journal, 'A counsellor's pocketbook and a useful companion to students on courses up to counselling skills certificate level.' - Counselling and Psychotherapy Journal. 'I believe this book is a must for every counsellor's library. It illustrates clearly the techniques, process and goals of counselling, and is spiced with interesting and entertaining case studies. Supervisors and teachers will find it useful to guide their students and experienced counsellors will be reminded of the basics in this excellent book.' - Dr John Gunzburg, Melbourne, Australia. --Counselling and Psychotherapy Journal, Dr. John Gunzburg, Melbourne, Australia

About the Author

Drawing on their numerous years experience as counsellors, tutors, and writers, Jan Sutton and William Stewart introduce readers to the basic principles that underpin counselling practice; provide insight into various counseling approaches; clarify the nature of counseling and the role of the counsellor, and assist readers to develop a repertoire of key counselling skills and qualities, such as active listening, genuineness, unconditional positive regard, empathy, goal-setting, etc. They also address the important issues of ongoing supervision to enhance counselling practice, and counsellor self-care to reduce the risk of burnout. Jan Sutton is also author of *Healing the Hurt Within* and William Stewart is author of *An A-Z of Counselling Theory and Practice*.

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