

Gerard Egan

Using the British mental health services as a case study, this book critically reviews the various social, political and intellectual developments which have shaped psychiatric practice and the delivery of mental health services. Internationally recognised for its successful problem-management approach to effective helping, this book offers a step-by-step guide to the counselling process.

What is the difference between a 'coach' and a 'mentor'? How can practitioner's and clients assess their benefits if there is little or no general understanding as to their meaning? This book offers answers by describing the different theoretical models available for coaching and mentoring and by looking at how these models are applied in practice. Robust theory is backed up by practical advice. Numerous practical exercises, case studies, templates - including a Training Workshop template - learning partner handouts and a questionnaire for selecting prospective mentors are included. Advice is also included on sensitive areas such as the boundary between mentoring or coaching and therapy, and the desirability of supervision and codes of practice.

In Training the Counsellor, Mary Connor shares a decade of training experience to provide an invaluable resource for other counsellor trainers. The role of the trainer as facilitator, educator and assessor as well as key professional and ethical issues are all brought vividly to life through many case examples. The focal point of the book is the integrative, four-stage model for training competent and reflective counsellors, with the relationship between trainee and client at the core of the model. The four stages are: the development of attitudes and values; knowledge and skills; client work and supervision; reflection and evaluation. Building on this model and drawing on her own wealth of experience, the author explore the interface between being professional and being human. Training the Counsellor, offers stimulating reading and tested guidelines for good practice for all those involved in training other helping professionals.

Premarital Guidance

An Integrative Model

Communicating as a Mental Health Carer

An Integrative Analysis of Gerard Egan's Developmental Skills Model for Counseling

A Problem-management and Opportunity-development Approach to Helping

Ministry Between Miracles

First multi-year cumulation covers six years: 1965-70.

Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com

SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008. To view the video - click here ----- The kind of book where any time you open it, you're likely to find something of current interest that relates to your practice and to issues you've been thinking about.... If we regard the questions and answers as serving to stimulate thought and discussion.... then the collection serves a useful purpose indeed" - "Self & Society " Does counselling have to be long-term to be helpful? Should only women counsel women? How can you evaluate counselling? Is it easy to start your own private practice? In this highly readable book, some of Britain's leading experts offer clear answers to these and many other frequently asked questions. The resulting discussion ranges over all aspects of counselling, from practical and theoretical to personal and ethical matters. Some questions have straightforward solutions, others prove much more controversial. In both instances, the views represented here should go a long way towards encouraging deeper consideration of the principles and practice of counselling.

Now in its second edition, this adaptation for Europe, Middle East and Africa of Gerard Egan's The Skilled Helper: A Client-Centred Approach teaches students a proven step-by-step counselling process to enable them to become confident and competent helpers. Internationally recognised for its emphasis on the collaborative nature of the therapist-client relationship and the vital importance of a client-centred approach, the text offers a practical three-stage model which encourages a problem-managing and opportunity-developing approach to helping clients. The book integrates the most relevant aspects of different theoretical orientations (humanistic, cognitive, behavioural, and solution-focused) into a pragmatic approach to helping.

'An introductory text that applies a down-to-earth approach to a diversity of 23 therapeutic approaches within counselling and psychotherapy, it was actually a pleasure conducting the review and having to read over the outlined models.... It is a definite entry for counselling training courses and will offer plenty of ideas for those teaching as well as training. It is fun to read and offers numerous ideas of how to put into place counselling techniques' - Counselling Psychology Review This essential guide to the range of approaches used in current practice covers all of the major schools of counselling and psychotherapy, as well as many that are less well known. Ideal as a first textbook for student counsellors or psychotherapists, Introduction to Counselling and Psychotherapy will help them locate their initial training within the broad context of different therapeutic approaches and help them to discover the specific areas to which they feel the greatest leaning. Each chapter introduces a specific approach and includes: a clear explanation of the core concepts and their use in practice; an illustrative case study; profiles of the clients who benefit most from the approach; advice on further reading; and issues for discussion. The book also features a substantial glossary of terms.

Encounter Groups: Basic Benefits

The Skilled Helper

Skills Training for Counselling

Commonsense Counseling Skills for Everyone

Developing Corporate Competence

Critical Perspectives on Mental Health

101 management theories from the world's best management thinkers – the fast, focussed and express route to success. As a busy manager, you need solutions to everyday work problems fast. The Little Book of Big Management Theories gives you access to the very best theories and models that every manager should know and be able to use. Cutting through the waffle and hype, McGrath and Bates concentrate on the theories that really matter to managers day-to-day. Each theory is covered in two pages – telling you what it is, how to use it and the questions you should be asking – so you can immediately apply your new knowledge in the real world. The Little Book of Big Management Theories will ensure you can: Quickly resolve a wide range of practical management problems Be a better, more decisive manager who gets the job done Better motivate and influence your staff, colleagues and stakeholders Improve your standing and demonstrate that you are ready for promotion All you need to know and how to apply it – in a nutshell.

This book is a comprehensive, easy-to-read introduction to personal counseling written for professional and volunteer counselors and those who train them. The chapters describing basic and more advanced counseling skills are arranged in a sequence that is particularly suitable when teaching student counselors to learn and practice using these skills for the first time. The authors adopt an integrative approach that allows the reader to learn, understand, and use skills taken from major counseling approaches, and to integrate these into a sequential process that maximizes the possibility of facilitating change in the client. Of considerable value for new counselors are those sections of the book that describe the fundamental principles of the counseling relationship, and explain the theories of change applicable to the various approaches to counseling. Unique features include: a highly practical integrative approach to counseling; discussion of the specific skills required for success; practical suggestions on ways to learn and develop new skills; ways of managing particular situations involving angry, depressed, grieving, and suicidal clients; an understanding of the role of a counselorOCOs supervisor; information on practical issues such as keeping records, arrangement of the counseling room, and ways to look after yourself as a counselor; plus practical information on issues of confidentiality and professional ethics. Additionally, there are numerous examples of useful dialogue to illustrate real experiences of and for use in counseling situations, including key statements that are highlighted throughout the book for ease of reference. This text will serve as a valuable resource for workers in a wide variety of helping professions where counseling skills are useful such as psychology, social work, welfare work, medicine, nursing, education, and human services."

The skilled helper model of counselling is hugely influential in the helping professions. Egan's Skilled Helper Model brings a number of new and challenging perspectives to bear on Egan's work and makes a major contribution to the development of this problem-management and opportunity-development approach to helping. Val Wosket draws on over twenty years experience of counselling, training and supervising to provide a clear exposition of the model and situate it in contemporary counselling practice. Numerous case studies are provided throughout, along with contributions from experienced practitioners, illustrating how the model can be applied in a variety of clinical settings and with a range of counselling issues. Egan's Skilled Helper Model builds on and extends the aims of Egan's original work, covering key topics, including: Developing a client-responsive approach that places the therapeutic relationship at the heart of the model Applying the skilled helper model in research, training and supervision Translating the model into more accessible and adaptable language This book provides an invaluable resource for trainees, trainers, supervisors and experienced practitioners wishing to update their knowledge of the model. It will also be of great interest to anyone in the helping professions looking for a pragmatic integrative framework that is adaptable to a diverse range of client issues and contexts.

Aimed at all healthcare professionals, including administration and clerical staff, particularly those with direct patient contact, this easy to comprehend book covers angry, upset and abusive patients (and visitors).

Personal Counseling Skills

Touching the Holy

CIO

A Practical Resource for Healthcare Administrative and Clerical Staff

A High-performance Agenda for Managing Organizations

Provides systematic training in specific group communication skills that are needed to perform effectively in interpersonal situations

Client-focused and skills-based, this unique new text provides the answers to what do I say when situations. This introductory text is based on current clinical practice and draws on the author's experience as a link tutor, making it ideal for Mental Health students and practitioners who need practical guidance in communication.

This comprehensive text is essential for would-be counselors, those working in the helping professions, and anyone who uses counseling skills as part of their work. With its practical, hands-on approach, a wealth of case studies, examples of skills, illustrations, exercises, and extensively updated resource sections, this updated edition is a valuable tool for tutors of counseling skills courses.

Skills Training for Counseling is written primarily for counselors trainers. It is clear and useful survey by one of the most experienced and respected counsellor/trainers in the UK - Psychology Teaching Review The demand for qualified counsellors is increasing and there exists a need to train and develop individual with the skills and competencies they need to deliver this vital service. For those who are responsible for delivering and developing courses, quality is a paramount issue. This invaluable guide is intended to help those who are training counsellors, as well as those training to be counsellors, and deals with: teaching and learning skills, curriculum development; preparation and setting up of courses; teaching ideas, competencies and assessment; with a final chapter of the competencies of the trainer. Useful appendices contain further practical ideas for learning skills and identifying competencies as methods of assessment.

Student Workbook Exercises for Egan's The Skilled Helper, 10th

Facilitating Reflective Learning Through Mentoring & Coaching

Questions and Answers on Counselling in Action

Ordinariness, Self Esteem, and Friendship

The Eleven Powers and the Eleven Arts

The Influence of Carl Rodger's Person-centered Theory of Gerard Egan's Practical Guidelines for Counselling

Robust theory on mentoring and coaching is backed by practical support: training workshop templates, learning partner handouts, and a questionnaire for selecting prospective mentors.

The repackaged edition of Dr. Robert J. Wicks's most popular book will revitalize his message of ordinariness, self-esteem, and friendship for a new generation of spiritual seekers. Infusing the wisdom of ancient and contemporary Christians with his own vast experience as a parent, teacher, and counselor, Dr. Wicks demonstrates that the simplicity and openness of truly ordinary people is a meeting place with God. Dr. Wicks's wise guidance includes descriptions of the four types of friends we need for the spiritual journey, principles of self-respect, checklists on openness and listening, skills for stress management, and much more.

A comprehensive and up-to-the-minute guide for counsellors and those using counselling skills, published in association with the British Association for Counselling. A new revised edition reflects recent growth and changes in the field.

There are awesome and powerful creative forces that can be fully tapped; that will absolutely unleash our dreams and hopes transforming them into a desired reality; or these very same forces will send us into the deepest darkest Hell we have ever known! If a person fails to understand that they have a huge responsibility to take full possession and control of this great creative power, then that failure to take this responsibility will always lead to these forces taking control of the person in an undesirable, destructive and potentially deadly manner. In other words opportunities and temptations to use drugs or alcohol will present themselves as a direct result of failing to take control of these forces or misusing their power! All additions are a manifestation caused by the poor or improper use of these forces and powers! The very Powers that govern the ability for anyone to accomplish anything in their lives for their good; are the very same powers that can and will undermine and destroy those efforts! This book will give you the essential Eleven Powers and Eleven Arts that will enable you to change your life. The use of these Powers and Arts will enable you to take full control of not only your addiction, but provide endless opportunities to create and design an entire new Destiny! Addicts and alcoholics have inadvertently mastered the principles of success and use those very same concepts to assure their own failure and destruction! By forcing yourself to do what you dont want to do enables you to gain hold of and grasp these powerful forces and turn them in the direction of success instead of failure! Teach yourself and learn to direct the awesome creative forces within you and learn to turn your Possibilities into Probabilities!

Facilitating Reflective Learning Through Mentoring and Coaching

A Skills-contract Approach to Human-relations Training in Groups

The Little Book of Big Management Theories

Integrative Stress Counselling

Develop Your Interpersonal and Self-Management Skills

... and how to use them

The Skilled Helper: A Problem-Management and Opportunity-Development Approach to HelpingCengage Learning

Building on the groundbreaking original work with the same title, these articles focus on current issues, such as certain life stages, special populations, the devalued and abused, the addicted and special issues of the 1990's.

Effective corporate initiatives and processes are the bedrock of successful organizations; the Developing Practice series provides manager with essential frameworks to identify, formulate and implement the best policies and practice in the management and development of people.

This "quintessential book for helpers - known for its successful approach to effective helping - will show you the collaborative nature of the helper-client relationship as it leads you step by step through the counseling process. Using a practical, three-stage model that drives client problem-managing and opportunity-developing action, Egan patiently helps you master the steps of the helping model, building your competence and confidence as a helper along the way." - back cover.

Developments and Implications in Counselling

The Helping Conversation

Skilled Helping Around the World

Model, Skills, and Methods for Effective Helping

Handbook of Counselling

You & Me

This quintessential book for helpers is internationally recognized for its successful problem-management approach to effective helping. Emphasizing the collaborative nature of the therapist-client relationship and using a practical, three-stage model that drives client problem-managing and opportunity-developing action, Egan leads readers step by step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers master the various steps of the helping model, they are able to improve their competence and confidence measurably.

Over the past 30 years, Egan's THE SKILLED HELPER has taught thousands of students like you a proven, step-by-step counseling process that leads to increased confidence and competence. Internationally recognized for its successful problem-management and opportunity development approach to effective helping, the text emphasizes the collaborative nature of the therapist-client relationship and uses a practical, three-stage model that drives client problem-managing and opportunity-developing action. As you read, you'll also gain a feeling for the complexity inherent in any helping relationship. In this tenth edition, Egan now makes use of his version of the "common factors" approach, which gives new meaning and vitality to the book's themes, as well as to the use of the problem-management model to organize and give coherence to those themes. Available with InfoTrac Student Collections <http://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The authors are highly experienced and clearly competent in this area of work, and convey an easy confidence in their methods. Pat Milner and Stephen Palmer's book is a good buy a valuable and carefully-crafted book, a wealth of ingenious stress-reduction strategies that made me feel better without having to see an actual therapist" - "British Journal of Guidance & Counselling " This integrative problem-focused counsellor's approach to dilemmas helps the client increase their ability to cope with, or develop ways of reducing, the demands of a situation.

This booklet, written by Gerry Egan, with assistance from Rich McGourty and Hany Shamsoum (cultural insights and edits), demonstrates how the skills described in the Egan book apply to situations with people from different cultures. Egan relates anecdotes about his experiences abroad and in the U.S. with people from different cultures. He goes through the basic skills and describes how each should be used with diverse populations. Thirty-three personalizing exercises provide students with the opportunity to apply the skills covered in the booklet. Bundled free with every new copy of the text!

Learning to Counsel

Current Catalog

The Essential Guide

A Humanistic Problem-Focused Approach

Egan's Skilled Helper Model

Working the Shadow Side

This manual parallels the main text, THE SKILLED HELPER. The manual allows you to complete self-development exercises as well as practice communication skills and each of the steps of the model in private before using them in actual face-to-face helping interactions with others. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

"The book is a perfect reference document...this text is an essential to all professional practitioners and deserves a place on every bookshop." - Training Journal

In this challenging book William Tate shows how to link management development with the culture and problems of the organization to generate performance-enhancing action. Mr Tate shows how to treat the organization as a partner in the development process, integrating capability with a receptive organizational climate which encourages and applies learning. He offers both ideas and practical strategies, supported by illuminating case studies.

Looks at special favors, broken rules, political promotions, undisclosed firings, and other behind-the-scenes activities, and offers advice to managers and employees in dealing with them

Introduction to Counselling and Psychotherapy

The Skills of Communicating and Relating to Others

The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping

Addressing Diversity and Multiculturalism

An Integrative Approach

Human Resource Development

If you don't want to study counseling formally but do want to understand the basics thoroughly enough to be an effective everyday counselor, this is where you start. Step by step, we show you how to become a skilled helper in all the roles you play in life, personal and professional. The book draws on the work of Professor Gerard Egan, whose approach has been followed by trained counselor time-tested principles and practices to their essence but without compromising on their authenticity. Simplified, yes, but never simplistic. The book introduces a fresh and easy-to-follow way of looking at the helping process, breaking it down into a series of nine conversations that each represent a critical step on a logical journey from problem to some life-enhancing outcome. This flexible, all-p everyone, regardless of background. In short, it feels natural, and with practice becomes second nature, providing you with a framework for helping yourself as well as others deal with the challenges of living. We describe the seven essential communication skills you need to have at your command when helping people to make beneficial decisions about their problems, issues and opportunities. S exercises.

Written by a new generation of recognized experts in pastoral care, these brief, foundational books offer practical advice to pastors on the most frequent dilemmas of pastoral care and counseling.

A Guide to Positive Behind-the-Scenes Management

Redemption from Addiction

Learning & Training for Individuals & Organizations

Training the Counsellor

Counselling in the Workplace

A Problem-management Approach to Helping