



## Counselling Micro Skills



### Open ended questions

Eg. "Can you tell me more about how that experience affected you?"



### Reflection of feelings

Eg. If a client expresses sadness, respond with, "It seems you're feeling quite down about this situation."



### Paraphrasing

Eg. If a client says, "I'm overwhelmed with work," you might respond, "You feel swamped by your job responsibilities."



### Summarising

Eg. Conclude a session with, "Today, we've discussed your challenges at work and your feelings of overwhelm."



### Non-verbal communication

Eg. Maintain appropriate eye contact, nod in understanding, and adopt an open posture during sessions.

# Key Micro Counselling Skills

**Kathryn Geldard, David Geldard**



## **Key Micro Counselling Skills:**

**Counseling Skills and Techniques** Mr. Rohit Manglik, 2024-05-17 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels      Counselling Adolescents Kathryn Geldard, David Geldard, Rebecca Yin Foo, 2015-10-31 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 principals skills and techniques of proactively counselling this client group New to the fourth edition A new chapter on the contemporary context of adolescence exploring the challenges opportunities and influences facing young people today A new chapter on the use of technology when counselling young people Useful links to relevant online resources at the end of each chapter Updates to all chapters reflecting more recent understanding research and literature Additional case studies to help trainees apply theory and strategies to practice 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 It is essential reading for trainees and practitioners in counselling social work the allied health professions and education      Personal Counseling Skills Kathryn Geldard, David Geldard, 2008 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 counselor OCOs 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 SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Terry

Hanley, Laura Anne Winter, 2017-09-20 At over 700 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners **EBOOK: An Introduction to Counselling and Psychotherapy: Theory, Research and Practice** John McLeod, 2019-09-05 John McLeod's bestseller provides a comprehensive research informed overview of the theory and practice of counselling and psychotherapy This new edition has been expanded to cover emerging aspects of contemporary practice such as debates around neuroscience and integration third wave cognitive behavioural therapies such as ACT mindfulness and FAP the experience of being a client motivational interviewing interpersonal psychotherapy social dimensions of therapy leaving therapy gender and sexuality spirituality and key counselling and therapeutic skills and techniques This sixth edition has been fully updated and revised throughout and is separated into a four part structure for easy navigation Each chapter also enhances learning with the following resources Case studies Landmark and contemporary research studies Topics for reflection and discussion Suggested further reading An Introduction to Counselling and Psychotherapy has been the book of choice for students and tutors on introductory courses for over 25 years Professor John McLeod's Introduction to Counselling and Psychotherapy is a classic text In providing a comprehensive perspective on the field it goes well beyond being a mere introduction Not only does it deliver an encyclopaedic amount of information but it also presents this information in an incredibly captivating manner There is simply no other book on the topic to match it This new edition truly faithful to its predecessors maps new innovations in the context of previous generations viewpoints This is the book on counselling and psychotherapy Ladislav Timulak PhD Course Director Doctorate in Counselling Psychology Trinity College Dublin John McLeod has a talent for bringing readers into intimate contact with the experience of another person's experience Through his evocative descriptions accessible language and plentiful examples you will find yourself looking through the eyes of both clients and therapists and developing a depth of understanding about important processes in psychotherapy His position at the vanguard of psychotherapy research allows him to bring to life the practice of psychotherapy while posing research questions and stimulating curiosity about findings His valuing of varied approaches to psychotherapy invites the reader to connect with diverse perspectives and consider their own beliefs Heidi M Levitt PhD University of Massachusetts Boston USA *Health Counseling* Richard Blonna, Janice Loschiavo, Dan Watter, 2011 Health Wellness *Practical Counselling Skills* Kathryn & David Geldard, 2017-03-21 This is a comprehensive course text for training new counsellors in basic and more advanced counselling micro skills which come from a number of therapeutic approaches The book enables new trainees to learn how to make informed choices about the type of skill to use and how to integrate it within a sequential counselling process It discusses practical issues including ethics and culture record keeping supervision and the counselling environment and

offers explanation of the therapeutic approaches related to particular micro skills and the ways to best combine them to facilitate change and provide effective practice This accessible introduction to counselling skills is essential reading for teachers and trainees alike an excellent course text for training new counsellors from a number of theoretical approaches

The British Journal of Psychiatry ,1987-07      Handbook of Individual Therapy Windy Dryden,1996-08-22 The Handbook of Individual Therapy presents a concise and accessible introduction to 12 key approaches to individual therapy It is a completely updated and rewritten new ed of the highly successful Individual Therapy published by OUP in 1990

**Communication Skills Training for Health Professionals** David Dickson,Owen Hargie,Norman C. Morrow,1989

Functional Analysis in Clinical Psychology Peter Sturmey,1996-07-11 Clinicians and students of clinical psychology and behavior therapy will welcome this overview of the important process of functional analysis particularly the major developments in methods and practice over the last fifteen years Recent years have seen new questionnaires interview formats observational methods and strategies for both the practitioner and the researcher This book arose principally from a course for clinical psychology students working with a wide range of different clinical populations including adults children adolescents families older adults and persons with long term mental health disabilities The methods and experience reviewed here will be useful to clinical psychologists and behavior therapists working in any problem field      **Self-directed Learning**

**in Counsellor Training** Mary Charleton,1996 Self directed learning seeks to provide students with the greatest possible control over the content of their courses and the methods used to deliver them This fits with counselling process where the intention is to increase the client s power and autonomy This book gives practical examples of ways in which this method has been carried out and considers some of the dilemmas facing both students and trainers Self directed Learning in Counsellor Training provides a developmental model of self directed learning together with exercises and methods of facilitating It looks at ways of managing entry into this form of learning and demonstrates methods of designing courses which reinforce the principles There is a discussion of the underlying philosophy the possible outcomes and examples of ways to self and peer assess

*Personnel Management* ,1986-07      *Social Service Abstracts* ,1982      *Developing Counsellor Training* Windy Dryden,Colin Feltham,1994-06-14 Assessing how counselling training may be analyzed systematized reconsidered and improved this book raises the central issues which face those with an interest in the design or improvement of training courses and puts forward ideas about how such courses can be better organized how training methods can be made more effective and how counselling skills can be more appropriately taught The book also covers areas such as trainers self care working relationships interpersonal dynamics and trainees supervised work with clients It does not disguise the problems involved in starting or running a training course but provides encouraging advice supported by case studies and examples to show how these difficulties can be      **Journal of Psychology in Africa** ,2010      *Nursing Times* ,1988      **Contemporary Issues in Aboriginal Studies** ,1989      **Caring for Children** Peter Lang,Ron Best,1994 A concern for the development of

the whole person is common to the educational philosophies and systems of many countries The labels may not be the same and the structures and practices by which commitment is converted into practice may be different but the underlying values have much in common This book considers recent developments in pastoral care and personal and social education in England the USA New Zealand Singapore Australia and Denmark It aims by making available wider information to improve the provision of care to pupils The book is divided into three parts the first part considers perspectives the second discusses applications and the final part gives ideas for the training and support of those responsible for the pastoral care of pupils All teachers and educationalists both inside and outside the school will find this book of invaluable assistance in the review and development of pastoral care and PSE policy and practice BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved American Book Publishing Record ,2003

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