



Introduction to Counselling Skills: Texts and Activities

Richard Nelson-Jones

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Good counseling skills are the key to effective helping relationships. **Introduction to Counseling Skills, Second Edition** is designed to help readers acquire and develop these skills, using an easy, three-stage model. Drawing on many years experience as a counselor, trainer and writer, Richard Nelson-Jones describes in detail each stage in the helping process and gives examples to show how the skills work in practice. The examples also demonstrate the variety of contexts in which counseling skills are commonly used, as well as the diversity of issues and problems they can help to address. The book covers: what counselling skills are; how to conduct sessions; ways to clarify and expand your understanding; how to improve your listening skills; and ethical skills.

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