



# Critical Thinking in Counselling and Psychotherapy

*Colin Feltham*

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## **Critical Thinking in Counselling and Psychotherapy** Colin Feltham

This innovative new textbook examines the critical debates around key topics in counselling and psychotherapy. In nine sections including Everyday Counselling Practice, Training and Curriculum Issues, and Counselling, Society and Culture, Colin Feltham explores 60 provocative questions central to counselling training and practice.

Ranging from more mainstream subjects like unconditional positive regard, ethics and supervision to broader social or philosophical issues such as employment concerns and the debate on assisted suicide, entries include:

- Why have we focused on core theoretical models?
  
- What are the pros and cons of short-term, time-limited counselling?
  
- What's wrong with CBT?
  
- Where is research taking us?
  
- Is statutory regulation a good and inevitable development?
  
- Are there limits to personal change in counselling?

Each section includes questions for reflection, case studies and student exercises. This comprehensive,

student-friendly text is a useful resource for lecturers to stimulate seminar discussion, and for all trainees wishing to write essays or generally develop their critical thinking in counselling and psychotherapy.

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