



Practical Counselling and Helping

Philip Burnard

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Practical Counselling and Helping is a practical, jargon-free guide to counselling. It offers clear information about how counselling and helping may be put into practice, whilst acknowledging and discussing its limitations.

Contents include:

- * what is counselling and helping?
- * basic counselling and helping strategies
- * handling difficult situations
- * further personal development.

Drawing from a range of counselling methods, and offering a useful and detailed reading list, *Practical Counselling and Helping* will appeal to all students in the health professions and to all those professionals requiring a clear account of how they might improve their own communication skills.

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