

a guide to counselling therapies dvd

A Guide to Counselling Therapies DVD: Unlocking Therapeutic Skills at Home

a guide to counselling therapies dvd is an invaluable resource for anyone interested in exploring the world of therapy, whether you're a student, a practicing counsellor, or simply someone eager to understand counselling techniques better. In today's digital age, learning through visual and interactive media such as DVDs offers a practical and engaging way to grasp complex therapeutic concepts. This guide will walk you through the benefits, uses, and features of counselling therapy DVDs, helping you make an informed choice and maximize your learning experience.

Why Choose a Counselling Therapies DVD?

In the realm of mental health and therapy, hands-on experience and observation are crucial. While textbooks provide theory, watching real or simulated counselling sessions on DVD brings those theories to life. A counselling therapies DVD typically includes demonstrations of various therapeutic approaches such as cognitive-behavioral therapy (CBT), person-centered therapy, psychodynamic therapy, and more.

Visual Learning Enhances Understanding

Many learners find it easier to absorb information visually. Seeing a therapist apply certain techniques—like active listening, reflecting feelings, or managing client resistance—helps you internalize the process much better than reading alone. For example, watching a counsellor handle a difficult client situation can offer insights into managing emotions and building rapport that text descriptions might miss.

Flexible Learning at Your Own Pace

One of the greatest advantages of a counselling therapies DVD is that it allows you to learn whenever and wherever you want. Pausing, rewinding, and re-watching complex segments ensures you fully comprehend each technique before moving on. This flexibility is especially helpful for students balancing coursework or professionals seeking continuing education outside of traditional classroom hours.

Key Features to Look for in a Counselling Therapies DVD

Not all DVDs are created equal. When selecting a counselling therapies DVD, consider the following features to ensure you're investing in a high-quality educational tool.

Comprehensive Coverage of Therapeutic Approaches

Look for DVDs that cover a broad spectrum of counselling methods. This variety allows you to understand different philosophies and decide which approaches resonate with your style or learning goals. For instance, some DVDs include modules on family therapy, solution-focused therapy, or trauma-informed care, which broadens your skill set.

Expert Commentary and Analysis

A DVD featuring commentary from experienced therapists adds tremendous value. These experts often break down what's happening in each session, explaining why certain interventions work and how to handle potential challenges. This guidance can deepen your understanding far beyond merely watching the sessions.

Realistic Client Scenarios

Authenticity matters. DVDs that use actors to simulate realistic client issues—such as anxiety, depression, grief, or relationship conflicts—offer practical insights. They prepare you for the emotional complexities and nuances you'll face in real-world counselling.

Supplementary Materials

Some DVDs come bundled with workbooks, transcripts, or online resources, which aid in reinforcing the material. These extras can include exercises for practicing skills, reflection questions, or quizzes that test your knowledge, making the learning process more interactive and effective.

Popular Types of Counselling Therapies Covered in DVDs

Understanding the diversity of counselling approaches helps you choose a DVD that aligns with your learning needs. Here's a brief overview of common therapeutic styles often featured in counselling therapies DVDs.

Cognitive-Behavioral Therapy (CBT)

CBT focuses on identifying and changing negative thought patterns and behaviors. DVDs that demonstrate CBT usually include sessions where therapists help clients challenge irrational beliefs and develop healthier coping strategies. Watching these can illuminate techniques like cognitive restructuring and behavioral experiments.

Person-Centered Therapy

This humanistic approach emphasizes empathy, genuineness, and unconditional positive regard. DVDs showcasing person-centered therapy often highlight how therapists create a safe, non-judgmental space, encouraging clients to explore their feelings freely.

Psychodynamic Therapy

Rooted in exploring unconscious patterns and early life experiences, psychodynamic therapy DVDs delve into the therapist's interpretations and the client's self-discovery process. These sessions can be more introspective, offering a different learning experience compared to more structured approaches like CBT.

Solution-Focused Brief Therapy (SFBT)

SFBT is goal-oriented and concentrates on finding practical solutions rather than dissecting problems. DVDs featuring SFBT illustrate how therapists help clients envision a preferred future and build on their strengths to achieve it.

How to Get the Most Out of Your Counselling Therapies DVD

Owning a counselling therapies DVD is just the first step. To truly benefit from it, a strategic approach to your learning is essential.

Create a Dedicated Study Environment

Set aside a quiet, comfortable space free from distractions to watch the DVD. This focused environment helps you absorb the material better and reflect on what you've learned.

Take Notes and Reflect

While watching, jot down key points, questions, or techniques that stand out. Later, reflect on how these methods might apply to your own practice or personal growth. Writing helps cement knowledge and sparks deeper understanding.

Practice Skills Actively

If you're a trainee counsellor, try role-playing exercises with peers based on the DVD scenarios. Practicing skills like active listening or empathy in a safe setting boosts your confidence and proficiency.

Review and Revisit Complex Sections

Don't hesitate to re-watch challenging segments, especially those illustrating difficult client interactions or advanced therapeutic techniques. Repetition aids mastery.

Where to Find Quality Counselling Therapies DVDs

With the growing popularity of online learning, many reputable sources offer counselling therapies DVDs. Here are some places to start your search:

- **Professional Training Organizations:** Institutions specializing in counselling education often produce high-quality DVDs tailored for students and professionals.
- **Online Retailers:** Platforms like Amazon or specialist educational stores carry a wide range of therapy DVDs.
- **University Libraries and Resources:** Many universities provide access to therapy DVDs as part of their counselling program materials.
- **Streaming Services and Digital Downloads:** While not DVDs in the traditional sense, many providers offer downloadable or streaming therapy session videos that serve the same educational purpose.

Integrating Counselling Therapies DVDs into Your Learning Journey

Whether you're preparing for a counselling qualification, enhancing your professional skills, or simply curious about therapy, a counselling therapies DVD can be a powerful tool. Combining it with reading, supervision, and practical experience creates a well-rounded approach to mastering therapeutic skills. Remember, watching alone is not enough—active engagement and application make all the difference.

Embracing multimedia resources like counselling therapies DVDs reflects the evolving landscape of mental health education. They make therapy techniques accessible, demystify the counselling

process, and inspire confidence in new and seasoned practitioners alike. With the right DVD and a commitment to learning, you can deepen your understanding of human behavior and contribute meaningfully to clients' well-being.

Frequently Asked Questions

What topics are covered in the 'A Guide to Counselling Therapies' DVD?

The DVD covers a range of counselling approaches including cognitive-behavioral therapy, person-centered therapy, psychodynamic therapy, and integrative methods, providing an overview of each therapy's principles and techniques.

Who is the intended audience for the 'A Guide to Counselling Therapies' DVD?

The DVD is designed for counselling students, trainee therapists, and mental health professionals seeking to deepen their understanding of various counselling modalities.

How long is the 'A Guide to Counselling Therapies' DVD?

The DVD typically runs for approximately 90 minutes, offering concise yet comprehensive coverage of key counselling therapies.

Does the DVD include practical demonstrations of counselling techniques?

Yes, the DVD features practical demonstrations and role-plays to help viewers observe how different counselling techniques are applied in real sessions.

Can the 'A Guide to Counselling Therapies' DVD be used for professional development?

Absolutely, it serves as a valuable resource for professional development, helping practitioners stay informed about contemporary counselling approaches and improve their therapeutic skills.

Where can I purchase or stream the 'A Guide to Counselling Therapies' DVD?

The DVD is available for purchase on major online retailers like Amazon and specialized educational websites, and some platforms may offer streaming options or digital downloads.

Additional Resources

A Guide to Counselling Therapies DVD: An In-Depth Review and Analysis

a guide to counselling therapies dvd serves as a valuable resource for both aspiring therapists and experienced practitioners seeking to deepen their understanding of diverse counselling methods. In an era where digital and multimedia learning tools have become pivotal in professional development, DVDs dedicated to counselling therapies offer an immersive and practical approach to mastering therapeutic techniques. This article explores the significance, content, and practical applications of counselling therapies DVDs, dissecting their role in education and continuous professional growth.

The Role of Counselling Therapies DVDs in Professional Development

The landscape of therapeutic education has evolved substantially over the past decades. Traditional textbooks and lecture formats have gradually been supplemented—or in some cases replaced—by multimedia resources. Counselling therapies DVDs have emerged as a dynamic alternative, providing visual demonstrations, role-plays, and expert commentary that bring theory to life. For many learners, especially those in distance learning programs or busy practitioners, these resources bridge the gap between academic knowledge and real-world application.

One of the main advantages of a counselling therapies DVD is the opportunity to observe live or simulated therapy sessions. This visual component allows students to note non-verbal cues, therapist-client interactions, and the nuanced delivery of interventions, which are often difficult to fully grasp through text alone. Furthermore, DVDs often include a variety of therapeutic models—such as cognitive-behavioral therapy (CBT), person-centered therapy, psychodynamic approaches, and solution-focused brief therapy—offering a comprehensive overview within a single package.

Content and Features of a Typical Counselling Therapies DVD

A well-produced counselling therapies DVD typically encompasses several key components designed to enhance learning:

- **Demonstration of Therapeutic Techniques:** Step-by-step walkthroughs of specific interventions like active listening, reframing, or cognitive restructuring.
- **Role-Play Scenarios:** Simulated client sessions showcasing common issues such as anxiety, depression, or relationship difficulties.
- **Expert Commentary:** Insights and explanations from seasoned therapists contextualizing the techniques being demonstrated.
- **Supplementary Materials:** Worksheets, transcripts, or reflective questions to reinforce

learning and encourage self-assessment.

- **Multiple Therapy Modalities:** Exposure to diverse counselling theories and practices, enabling learners to compare and contrast approaches.

These features collectively support different learning styles by combining auditory, visual, and kinesthetic elements, creating a multifaceted educational experience.

Evaluating the Effectiveness of Counselling Therapies DVDs

When assessing the utility of counselling therapies DVDs, several factors come into play, particularly in relation to their educational value and practical application.

Advantages

- **Accessibility:** DVDs allow learners to engage with the material at their own pace and revisit complex sections as needed.
- **Realistic Exposure:** Observing therapy sessions helps contextualize theoretical concepts by exemplifying therapist-client dynamics.
- **Cost-Effective:** Compared to in-person workshops or supervised practice sessions, DVDs are often more affordable and convenient.
- **Consistency:** The content is standardized, ensuring that all users receive the same foundational knowledge and demonstrations.

Limitations

- **Limited Interaction:** Unlike live supervision or group training, DVDs lack real-time feedback or opportunity for immediate questions.
- **Potentially Outdated Content:** As therapeutic modalities evolve, some DVDs may not reflect the latest evidence-based practices.
- **Technical Issues:** With the decline in DVD players and increasing preference for streaming, accessibility could be hindered.

Therefore, while counselling therapies DVDs are a valuable adjunct, they are most effective when integrated with other forms of training such as workshops, supervision, and practical experience.

Comparing Counselling Therapies DVDs to Other Learning Formats

In contemporary professional settings, counselling education is delivered through multiple channels—including online courses, webinars, textbooks, and in-person training. Understanding how DVDs fit within this ecosystem is crucial for learners deciding on their preferred study tools.

DVDs vs. Online Streaming and E-Learning

The rise of online streaming platforms and e-learning modules has challenged the traditional DVD format. Online resources often offer interactive elements like quizzes, forums, and live Q&A sessions, which DVDs inherently lack. However, DVDs provide offline access, which can be advantageous in environments with limited internet connectivity or for learners who prefer physical media.

DVDs vs. Textbooks and Manuals

While textbooks provide detailed theoretical frameworks and research findings, they fall short in demonstrating the practical application of counselling techniques. DVDs complement textual materials by showcasing therapy in action, making abstract concepts tangible.

DVDs vs. In-Person Workshops

Workshops offer immersive experiences with direct supervision and peer interaction, which are critical for skill development. However, they can be costly and time-consuming. DVDs can serve as preparatory tools or supplementary materials to maximize the effectiveness of face-to-face training.

Key Considerations When Selecting a Counselling Therapies DVD

Choosing the right counselling therapies DVD requires careful evaluation of several aspects:

1. **Credibility of the Source:** Opt for DVDs produced by reputable institutions or experienced practitioners with recognized qualifications.

2. **Therapeutic Approaches Covered:** Ensure the content aligns with your learning goals—whether you seek foundational knowledge or advanced techniques.
3. **Production Quality:** Clear audio-visuals, professional editing, and well-structured content enhance engagement and comprehension.
4. **Supplementary Learning Aids:** Additional materials like workbooks or reflective exercises add value and support deeper understanding.
5. **Up-to-Date Content:** Verify the publication date and check for the inclusion of recent therapeutic developments or guidelines.

By considering these factors, learners and educators can maximize the return on investment when incorporating counselling therapies DVDs into their training regimen.

Examples of Notable Counselling Therapies DVDs

Several DVDs have gained recognition within the counselling community for their comprehensive and practical content:

- **“Counselling Skills in Practice” Series:** Offers detailed demonstrations of core counselling techniques suitable for beginners.
- **“Cognitive Behavioral Therapy in Action”:** Focuses specifically on CBT methodologies with real-life client scenarios.
- **“Person-Centered Therapy: The Humanistic Approach”:** Emphasizes empathy and client-centered techniques through expert-led sessions.

These examples illustrate the diversity within the counselling therapies DVD market, catering to various therapeutic interests and professional levels.

Integrating Counselling Therapies DVDs into Training Programs

For educational institutions and training centers, incorporating DVDs into curricula can enrich the learning experience. They serve as excellent tools for:

- Pre-training preparation, allowing students to familiarize themselves with techniques before practical sessions.

- Review and reinforcement, helping learners revisit complex concepts after workshops or lectures.
- Supplementing supervision by providing examples of best practices and common pitfalls.

Moreover, DVDs can accommodate different learning speeds and styles, fostering a more inclusive educational environment.

As digital technology continues to advance, the format of counselling therapies DVDs may evolve toward interactive platforms and virtual reality simulations. Nonetheless, their current utility in illustrating therapeutic processes remains significant, especially for visual and experiential learners.

In sum, a guide to counselling therapies DVD reveals a multifaceted tool that, when thoughtfully selected and effectively integrated, enhances the training and ongoing development of counselling professionals.

[A Guide To Counselling Therapies Dvd](#)

a guide to counselling therapies dvd: DVD Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan, Rita Sommers-Flanagan, 2004-04-26 Learn the various counseling theories through authentic examples led by actual practitioners working with real clients This comprehensive two-DVD set promotes student learning by illustrating each of the counseling theories covered in the textbook Counseling and Psychotherapy Theories in Context and Practice, Second Edition by John and Rita Sommers-Flanagan. However, the DVDs can be used in conjunction with this text or as a stand-alone teaching tool in any course covering psychotherapy theories and techniques. Unique in its presentation of real clinicians from a variety of work settings—including school and college counselors—working with actual clients, the DVDs: Feature practitioners and clients who represent ethnic, gender, age, and religious diversity Model how to develop a positive therapeutic relationship from any theoretical perspective Help students not only understand the differences between theories, but also the difference between theory and technique Offer commentary by the authors on how the counselor in the session made decisions from a theoretical perspective as well as why a particular counseling theory was appropriate for the client's situation Exploring Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Behavioral, Cognitive-Behavioral, Reality, Feminist, Solution-Focused, and Family Systems theories, these two DVDs shed light on these theories in real practice with clients.

a guide to counselling therapies dvd: EBOOK: Relationship Therapy: A Therapist's Tale Rosie March-Smith, 2011-06-16 What is particularly impressive is the way that Rosie relates different therapeutic theories and practices to each other. Her years of experience as a therapist shine through. Michael Jacobs, one of the founders of psychodynamic therapy & author of The Presenting Past Rosie March-Smith draws on her rich experience working with couples to provide a wealth of insights and pointers for all of us. Prof Peter Hawkins, psychotherapist Rosie March-Smith has provided an insightful and rewarding journey into an area that we would all like to be better at – our relationships to others. David Hamilton, Counselling student at South Kent College, UK Rosie March-Smith covers some key themes from her integrative framework about people's relational styles such as hidden controllers, core issues and sub personalities ... I really enjoyed how she linked her view of relationships with personality types to give me new insight ... Throughout the book Rosie

March-Smith gives case studies which made the chapter subject come alive for me and deepen my understanding ... I believe this book would therefore appeal to trainee, newly qualified and more experienced therapists working with individuals only as well as those working or about to work with couples. Lynn Barnes, Counselling Student, Metanoia Institute, UK I would recommend this book for anyone who has an interest in relationship therapy, is doing a course in counselling or has a general interest in patterns of human behaviour. There is a great deal of rich, deep and thought-provoking material in it, which is written in a very accessible and interesting way. David Seddon, Nottingham University, UK This fascinating book reveals what goes on in therapy sessions. It shows you how getting to the core of a painful issue or a relationship problem can be achieved within the first few sessions. Skilfully illustrating how exploring the unconscious mind can help people to overcome relationship difficulties, Rosie March-Smith writes for both clinicians and those readers interested to learn how therapy works. The book argues that the underlying cause in relationship breakdown of any kind is almost always rooted in childhood and insists that getting to the core of the problem quickly is essential and can also be achieved within the first few sessions. Relationship problems at home, in the workplace, in social situations and in times of illness are sympathetically explored through client case studies and post-therapy interviews. Interviewees reveal their deepest feelings and learn to cope with tragedy, or with the sadness of inexplicable marital collapse. Offering invaluable learning tools for mental health professionals and trainees, Relationship Therapy provides helpful insights for anyone interested in understanding more about therapy. With a foreword by Michael Jacobs. Rosie March-Smith is a registered psychotherapist with the UK Council for Psychotherapy. She has written extensively on education and mental health matters and has been a psychotherapist in private practice for over twenty years.

a guide to counselling therapies dvd: Transcultural Cognitive Behaviour Therapy for Anxiety and Depression Andrew Beck, 2016-03-10 Transcultural Cognitive Behaviour Therapy for Anxiety and Depression is a practical and accessible guide, drawing on current research in CBT and clinical practice. It aims to support therapists in taking a reflective and evidence based approach to genuinely improving access and outcomes for Black and Minority Ethnic service users. It highlights the skills that clinicians need to undertake Culturally Adapted and Culturally Sensitive CBT and provides practical ideas and case examples that will enable therapists to feel confident in adapting models of assessment and treatment across cultures. The emphasis of this book is on practical clinical techniques and approaches but it is firmly grounded in the research literature on this topic. Therapists, supervisors and service leads will find useful ideas to support and enrich transcultural working and develop their confidence when applying evidence based interventions across cultures. Transcultural Cognitive Behaviour Therapy for Anxiety and Depression will be of interest to Improving Access to Psychological Therapies (IAPT) trained cognitive behaviour therapists, clinical psychologists and cognitive behaviour therapists. The book will also appeal to those undertaking advanced or postgraduate studies in CBT.

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a guide to counselling therapies dvd: A Practical Guide to Congenital Developmental

Disorders and Learning Difficulties Judith P. Hudson, 2014-04-24 To give children with congenital developmental conditions that manifest special learning needs and specific disabilities their best chance to succeed, early identification and appropriate interventions and support, is necessary. This text highlights what to look for when there are concerns about a child's development. Practical and accessible, it is divided into three sections: Part 1 looks at the theory and policy context, discussing the social model of disability, the responsibility of health, social care and education services to the child and family and the role of reviews and assessment in recognising developmental disorders. Part 2 provides a reference guide to atypical developmental conditions and disorders. For each condition, aetiology, prominent theories and research, profile of features - including triggers and behaviours, diagnostic assessment procedures and appropriate interventions are given and links made to sources of further information and support. Part 3 explores practical issues how to work sensitively and effectively with children and their families, looking at the psychological implications of diagnosis, and how to plan, promote, deliver and evaluate multi-agency support. Designed to support professionals working within a multi-modal, collaborative approach to assessment and intervention processes, it is suitable for health visitors, allied health therapists, nurses, teachers and social care practitioners. It is also a useful reference for students in these areas learning about child development and includes critical reading exercises; online searching tasks; self-assessment questions; reflective activities and document analysis prompts.

a guide to counselling therapies dvd: Counselling and Psychotherapy with Older People in Care Felicity Chapman, 2017-12-14 The global population is ageing rapidly yet there is a shortage of skilled professionals able to support the wellbeing of older people in care. Older people can be more vulnerable to mental health issues such as loneliness, anxiety, grief, loss, and cognitive changes, and need therapeutic support that addresses their specific needs and conditions. This supportive guide for psychotherapists, counsellors and other professionals working with older people, addresses the growing demand for mental health services for older adults. It covers a range of issues that arise within this demographic including residential living, the referral process, assessment and engagement, and attitudes towards ageing, while contextualising these issues within larger social and political frameworks. The author describes specific interventions such as Narrative Therapy, Reminiscence Therapy, Acceptance and Commitment Therapy and Cognitive Behavioural Therapy with practical case studies woven in throughout the book.

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a guide to counselling therapies dvd: *Oxford Textbook of Osteoarthritis and Crystal Arthropathy, Third Edition* Michael Doherty, Johannes Wilhelmus Josephus Bijlsma, Nigel Arden, David Hunter, Nicola Dalbeth, 2016 A trustworthy clinical companion, the textbook offers best practice and management strategies for these common joint diseases. Formerly published as *Osteoarthritis*, the extensively revised third edition of the *Oxford Textbook of Osteoarthritis and Crystal Arthropathy* provides up-to-date and evidence-based guidance on how to assess, diagnose, and manage patients. A prestigious and international author team ensure information is expert and relevant-this is a practical tool for clinicians managing people with osteoarthritis, gout, and other

crystal-associated arthritis. Confidently consider and chose the right blend of treatment for your patient, whether physical, pharmacological, surgical, or supportive. The Oxford Textbook of Osteoarthritis and Crystal Arthropathy provides full coverage of joint failure, and includes detailed sections on epidemiology, risk factors, clinical assessment, and investigations. This edition also now includes new sections on gout and other crystal arthropathies. Clinically relevant and easily understandable overviews of basic science, including pathology and pain physiology, along with critical appraisal of current guidelines, make this a highly valuable resource. Significant coverage is also given to patient education and the involvement of the patient in management planning. Also highly illustrated, the textbook is a strong reference tool with summary boxes and key points at the end of chapters making it easy to find information quickly and help you deliver the optimum patient outcome. The textbook equips rheumatologists and musculoskeletal health professionals with the knowledge to provide best possible patient care.

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a guide to counselling therapies dvd: CHCCSL006 Select and Use Counselling Therapies , 2017 This book Describes the skills and knowledge required to select and use different counselling therapies to meet client needs. It includes information on how to: Select counselling therapies ; Use counselling therapies ; evaluate use of counselling therapies. It contains learning content, case studies, formative assessments and learning checkpoints. -- back cover.

a guide to counselling therapies dvd: Counselling Me? Jonathan Ingrams, 2020-10-28 Although exact figures are hard to come by, statistical surveys suggest that as many as one in four of us in Britain suffer mental distress at some time in our lives. This is reflected in the increasing numbers who turn to counselling for help. But for the majority of people considering this approach

there is the added concern of not knowing what they might be letting themselves in for. How does this form of therapy work, and why? How do they choose a counsellor? What qualifications should the therapist have? What happens in a counselling session? How long does it take? What sort of results can they expect? When does it end? Without knowing the answers to questions like these, going for counselling is a something of a leap into the unknown; not an ideal situation for someone who may already be under considerable stress. As a consequence, many who could benefit from counselling may hold back and so delay dealing with their difficulties.

a guide to counselling therapies dvd: A User's Guide to Therapy: What to Expect and How You Can Benefit Tamara L. Kaiser, 2008-10-14 A guidebook to understanding and getting the most out of therapy. This book is for clients—and for clinicians to recommend to their clients—who want to enhance the process of psychotherapy and get the most out of a therapeutic relationship. Kaiser writes in a friendly, accessible tone, and explains what exactly therapy is and how it works, including the beginning, middle, and ending stages of the therapy process. She elaborates on the dynamics of the relationship between therapist and client, including such issues as power, boundaries, trust, and termination, and describes the four common factors of change: the client, the therapeutic relationship, hope, and technique. Furthermore, she explains the basic aspects of brain development and how psychotherapy physically changes the brain. This book familiarizes potential clients with four major therapeutic approaches—psychodynamic, developmental, cognitive- behavioral, and humanistic—and explains the characteristics of individual, family, and group therapy. Through case studies, Kaiser reveals the healing potential of the therapeutic relationship, including the experience of being deeply understood by and coming to trust a therapist. Kaiser offers much food for thought, as well as compassion, wisdom, encouragement, and practical suggestions for those who choose to take this fascinating and fruitful journey.

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a guide to counselling therapies dvd: Counselling and Therapy R.B. Burns, 2013-04-17 In discussing psychology and psychotherapy with students in both formal and informal settings, it has become obvious to me that many professionals and trainees in health, social service and education spheres often have misinformed, erroneous and often biased views of the aims, objectives and techniques involved in counselling and psychotherapy. There is a proliferation of therapies, some old, some new, which produce a confusing kaleidoscope of treatments on offer to a bewildered public. The purpose of this text is to present in a relatively brief, objective form various current theories and practices in counselling or psychotherapy. This is difficult to do because brevity can itself bring about misunderstanding, misrepresentation or biased perception. The writer hopes that such has not occurred. The text surveys the bewildering range of therapies available within and outside the Health, Social and Educational Services, to enable intelligent professionals in those services to be more aware of and sensitive to the treatments their clients are undergoing, may undergo or have undergone. Accounts of psychotherapeutic help are often buried in recondite journals, usually inaccessible to doctors, nurses, paramedics, social workers and teachers functioning at 'the coal face'. Few articles ever attempt a comprehensive surveyor rapprochement; most simply argue for one therapy in a biased promotion.

a guide to counselling therapies dvd: The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the

beginnings of counseling and psychotherapy all the way to current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader the “who, what, where, how, and why” of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats. Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books, journals, and organizations guide students to further resources beyond the encyclopedia. The Reader’s Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

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GUIDE definition and meaning | Collins English Dictionary A guide is someone who shows tourists around places such as museums or cities. We've arranged a walking tour of the city with your guide

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