



# Counselling Skills and Theory

*Margaret Hough*

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## **Counselling Skills and Theory** Margaret Hough

This is where you can find an overview of the major approaches in counselling, how they fit together, and how you can integrate them into your practice. It's also your guide to the nature of counselling, the skills needed to be a counsellor and managing the challenges of the counselling relationship!

This new edition is suitable for a wide range of courses, including Foundation, Certificate, Diploma and Higher Education studies in Counselling. There is discussion of the Improving Access to Psychological Therapies programme with expanded coverage of CBT approaches. It also references the latest BACP guidelines for counsellor training and best practice. The book reflects the impending requirement for statutory regulation of counsellors and psychotherapists via the Health Professions Council.

Every year the Case Studies, Exercises , Handouts, and Resources tips in this book help thousands of trainees and established practitioners develop their understanding of the theories and practical skills required in this challenging and rewarding profession!

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