## Contents

1cknowledgements	vi
ntroduction	vii
1 Key aspects of counselling	1
Introduction	1
Some definitions	3
Therapeutic counselling and counselling skills	5
Counselling skills and counselling theory	6
Problems of advice	10
Issues which bring people to counselling	11
Skills training	24
Summary	27
References/Further reading/Resources	28
2 Skills and approaches	32
Introduction	32
The structure of counselling	32
Theoretical approaches in counselling	35
Counselling skills	38
Summary	59
References/Further reading/Resources	59
3 Psychodynamic counselling	62
Introduction	62
Psychodynamic counselling: key concepts	63
The psychosexual stages of development	66
Skills used in psychodynamic counselling	79
Summary	87
References/Further reading/Resources	89
4 Post-Freudian psychodynamic counselling	91
Introduction	91
Evolution of theory	91
Alfred Adler (1870–1937)	91
Carl Jung (1875–1961)	96
Ego psychology and object relations theory	103
Ego psychology	103
Object relations theory	107
Other views	113
Summary	117
References/Further reading/Resources	118
<b>5</b> Phenomenological and humanistic approaches	122
Introduction	122
The meaning of phenomenology in relation to counselling	123
Rogers and the person-centred approach	124
Maslow and humanism	133

The existential approach	140
Transpersonal psychology	146
Summary	148
References/Further reading/Resources	151
<b>6</b> Gestalt therapy and psychodrama	153
Introduction	153
Gestalt therapy: Fritz Perls (1893–1970)	153
Psychodrama and the work of J. L. Moreno	170
Summary	176
References/Further reading/Resources	177
<b>7</b> Transactional analysis	181
Introduction	181
Eric Berne (1910–1970)	181
Ego states	183
Scripts	196
Summary	205
References/Further reading/Resources	205
<b>8</b> Behavioural and cognitive behavioural	
approaches	209
Introduction	209
Evolution of behaviour therapy	209
Application to practice	213
Behaviour therapy and its view of the person	215
The cognitive emphasis	226
Rational emotive behaviour therapy	227
Cognitive behaviour therapy today	241
CBT and the internet	243
Summary	244
References/Further reading/Resources	247
<b>9</b> The group context	251
Introduction	251
How groups evolved	251
Developments in Britain	253
Psychotherapy and counselling groups	258
Setting up a group	268
Stages of group life	271
What people contribute to groups	274
Theoretical approaches to groupwork	276
Summary	280
References/Further reading/Resources	282
<b>10</b> Ethical considerations	285
Introduction	285
Confidentiality	285
The counselling relationship	291
Transference and the counselling relationship	293
Ending counselling	297
Other indications	299

Referral	299
Clients in crisis	302
Supervision	306
Education and training/research	309
Summary	312
References/Further reading/Resources	312
Glossary	317
Index	344