



Counselling in a Nutshell

Windy Dryden

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Counselling in a Nutshell Windy Dryden

What is counseling and how does it work? This text provides the answers to these questions and more, as part of a step-by-step guide to the counseling relationship and the therapeutic process.

Drawing together theory from the psychodynamic, person-centered and cognitive-behavioral approaches, Windy Dryden explores bonds between counselor and client, goals and tasks of counseling, stages of the therapeutic process, and core therapeutic change.

This revised and updated second edition also includes new material on person centered and psychodynamic counseling, further discussion of the influence of counseling contexts on the work of counselors, and five discussion issues at the end of each chapter to stimulate thinking. It provides a concise introduction to core components of the therapeutic relationship and process and is suitable for counselors of all orientations.

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