



Counselling and Therapy Techniques: Theory & Practice

Augustine Meier, Micheline Boivin

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This is the first book on counseling skills to look in detail at the practical interventions and tools used to establish the therapeutic relationship. Step-by-step, the text teaches the reader exactly how to use these skills with clients to address their concerns and achieve therapeutic change. Integrative and pluralistic in approach, the text covers the key techniques from all the major therapeutic models, placing them in their historical and theoretical contexts. Techniques covered include empathic responding, experiential focusing, Gestalt, metaphors, task-directed imagery, ego state therapy, solution focused therapy, cognitive behavioral therapy, narrative therapy and self-in-representation therapy.

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