ESSENTIALS OF COUNSELLING COMPETENCIES

A counsellor's self-awareness and understanding of what counselling is (and what it is not) are foundational for a beginning counsellor’s learning journey. Just as important is the ability to connect with a client from the first contact to closure, as well as to understand and utilise effective counselling skills. All of this, exercised within clear ethical and therapeutic boundaries, is fundamental to acquiring effective counselling competencies. In this practical guide, the four authors have assiduously tapped on their considerable expertise and experience to bring readers some of the most critical competencies any counsellor should aspire to acquire. These include: Knowing Yourself • The Six Cs of Counselling • Capitalising on the First Interview • Microskills in Counselling • Ethics in Counselling • Therapeutic Boundaries • Recognising Mental Disorders for Counsellors

The authors earnestly hope this guide will serve as a relevant and useful reference for students of counselling and mental health, as well as for practising counsellors and those working in the mental health field, such as nurses, social workers, occupational therapists, psychologists, doctors and psychiatrists.

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PRAISE FOR ESSENTIALS OF COUNSELLING COMPETENCIES

“Clear and accessible . . . I warmly recommend this book to anyone who is curious about what counselling and therapy is all about.”

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