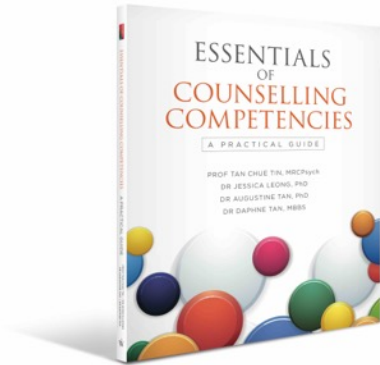


RELEASE 2015

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.

Recommended Retail Price S\$25.00 [excluding GST] | Singapore & Malaysia
Recommended Retail Price US\$17.99 | Rest of the World
ISBN: 978-981-09-6015-5 [paperback] | Specs: 160 pages | 228mm x 188mm
ISBN: 978-981-09-6016-2 [e-book]
Enquiry: publisher@writeeditions.com
Published by Write Editions® 2015 | writeeditions.com
Distributed by Select Books | Available at all major bookstores

ABOUT THE AUTHORS

PROF TAN CHUE TIN | MBBS, MRCPsych, FRANZCP, Hon DSocSci

Prof Tan Chue Tin graduated from the National University of Singapore (NUS) with an MBBS degree. He is currently a Fellow of the Singapore College of Psychiatrists, Member of the Royal College of Psychiatrists (London) and a Fellow of the Royal Australian and New Zealand Royal College of Psychiatrists. He is also a Fellow of the American Psychiatric Association.

DR JESSICA LEONG | MA, MSc, PhD

Dr Jessica Leong holds a PhD in Counselling Psychology, an MA in Counselling and an MSc in Transactional Analysis (TA) Psychotherapy. She is an Adjunct Teaching Fellow at the Faculty of Health, Arts and Design at Swinburne University of Technology, Australia.

DR AUGUSTINE TAN | LLB (Hons), MA, PhD

Dr Augustine Tan is in private practice in Singapore and runs *Journeys – The Next Step*. He is also a Director at the Executive Counselling and Training Academy. He graduated from the National University of Singapore with an LLB (Hons) degree and subsequently trained as a counsellor. He has a PhD in Counsellor Education and Supervision and an MA in Counselling.

DR DAPHNE TAN | MBBS, MSocSci

Dr Daphne Tan received her MBBS degree at University College London and her Master of Social Science (Professional Counselling) from Swinburne University of Technology, Melbourne. She has practised medicine at Alexandra Hospital and Singapore General Hospital, and thereafter furthered her studies in the field of mental health and psychotherapy.

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.”

PROFESSOR JOHN MCLEOD

Emeritus Professor of Counselling, University of Abertay, Scotland
Professor of Psychology, University of Oslo, Norway