



A School Counsellor Casebook: 1st edition

Vikram Patel, Lisa Aronson, Gauri Divan

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The school years tend to be the healthiest period of life, but it is also when mental health problems often begin or become more apparent, due in part to the challenges posed by unique educational and socialization expectations and physical and psychological developmental changes. The majority of youth negotiate these challenges well, drawing upon a range of resources to see them through: innate reserves of resilience, healthy coping strategies and supportive school and home environments. But every now and then, a young person falters and stumbles. Gentle support and guidance, informed by knowledge and skills, can make all the difference for the troubled youth. Providing this informed support and guidance is the role of the school counsellor. This casebook is intended to provide a solid foundation for counselling practice in schools.

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