



Counselling Skills For Health Professionals: Fourth Edition

Phillip Burnard

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This book explores a range of theoretical issues relating to the nature of counselling, self-awareness, and maps of the counselling process. Additionally, the book considers specific counselling skills and goes on to discuss in detail the ways in which counselling skills can be learned. This fourth edition includes new material on subjects such as anger, aggression, personal safety and cognitive behavioral therapy. Also included is the British Association of Counselling Codes of Ethics and Practice.

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