



A Short Introduction to Counselling (Short Introductions to the Therapy Professions)

Sally Aldridge

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Are you thinking of embarking on professional counselling training and in need of a clear overview of the therapy profession? Well look no further! This down-to-earth guide will provide you with the ideal ‘way-in’ by explaining what it really means to become a professional counsellor – what is involved in training and real-life practice.

Sally Aldridge, Director of Registers at BACP, will take you step-by-step through what ‘counselling’ actually is; introducing its basic concepts, historical development, research base and structure of the profession. Demonstrating the far-reaching influence of counselling, the book will show you how its concepts have been applied beyond the consulting room and examine the recent place of counselling in the NHS and wider mental health care.

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