



# The Student Guide to Counselling & Psychotherapy Approaches

*Adrian Pennington*

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## **The Student Guide to Counselling & Psychotherapy Approaches** Adrian Pennington

This pocket guide to modality approaches in counselling & psychotherapy is a one-stop-shop for trainees on introductory counselling courses. It describes 12 models of therapy, as well as introducing the origins of counselling and providing guidance and tips on practical issues like time-keeping, supervision, endings and boundaries. Each short approach-specific chapter has a consistent structure which allows easy comparison and cross-referencing between the modalities. The chapters cover

- origins & background
  
- big names & big ideas
  
- how the approach works & who it's for
  
- critical considerations
  
- identifying features
  
- reflection & summary
  
- learning ideas & suggested reading

This book is essential reading when choosing a professional counselling training in which to specialise, or if you just want an overview of other counselling modalities outside of your own.

Those trained or training in wider mental health and psychology will also find it a useful overview of counselling approaches.

Adrian Pennington is a Counselling Psychologist, Performance Psychologist, Clinical Supervisor, Trainer in Counselling and Mediator.

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