



# Essential Counselling and Therapy Skills: The Skilled Client Model

*Richard Nelson-Jones*

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'This is another well planned and well organized textbook specifically aimed at students in training as counsellors and psychotherapists, who have already completed an introductory course' - ***British Journal of Guidance and Counselling***

'Richard Nelson-Jones' focus on skilling the client provides a valuable toolkit, making explicit what is implicit in many counselling models. His "Skilled Client Model" provides an excellent substitute for Egan's "Skilled Helper" - ***Zoë Fitzgerald-Pool, Director of Training & Development, CSCT Limited***

'A text which provides trainers and trainees alike with a veritable treasure-house of creative ideas' - ***Brian Thorne, Emeritus Professor of Counselling, University of East Anglia and Co-Founder, Norwich Centre***

'The "skilled client model" is a distinct advance, I think... and very helpful' - ***Ron Perry, Director, Institute of Counselling, Sydney***

'The book is written in a clear and orderly fashion.... Therapy is a process and learning is a process too, and this textbook will undoubtedly assist trainees to move along their own process of learning and becoming reflective and effective practitioners' - ***Stefania Gribic, Counselling Psychology Review***

Essential Counselling and Therapy Skills is written for trainees who are beginning to work with clients under supervision. Building on what has been learnt during introductory courses, the book supports students in the

next stage of their practical skills development.

Written by leading author, Richard Nelson-Jones, **Essential Counselling and Therapy Skills** is a step-by-step guide to therapeutic work using the 'skilled client model'. Central to this innovative approach, is the assumption that the skill of counsellors and therapists lies in their capacity to impart skills to clients. The book focuses on: establishing collaborative working relationships; working with clients to find shared definitions of their problems; enabling clients to improve how they think, communicate and act; and dealing with questions of diversity, ethical practice and the value of supervision.

Accessibly written, the book contains numerous skill-building activities and case examples, making **Essential Counselling and Therapy Skills** an ideal textbook for practical skills training in counselling, counselling psychology, psychotherapy and other helping professions.

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