

Counselling Skills For Complementary Therapists

By [Author's Name]

Counselling Skills For Complementary Therapists is a comprehensive guide to counselling skills for complementary therapists. The book covers the core principles of counselling, as well as specific skills and techniques that are particularly relevant to complementary therapies.



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by Rosie March-Smith

★★★★☆ 4.7 out of 5

Language : English

File size : 1417 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 136 pages



The book is divided into three parts. Part One provides an overview of the counselling process, including the different stages of counselling, the different types of counselling, and the ethical principles of counselling. Part Two covers the core skills of counselling, including active listening, empathy, and reflection. Part Three covers specific skills and techniques that are particularly relevant to complementary therapies, such as relaxation techniques, mindfulness, and visualisation.

Counselling Skills For Complementary Therapists is an essential resource for any complementary therapist who wants to develop their counselling skills. The book is well-written and easy to follow, and it provides a wealth of practical advice and exercises.

What You Will Learn From This Book

- The core principles of counselling
- The different stages of counselling
- The different types of counselling
- The ethical principles of counselling
- The core skills of counselling
- Specific skills and techniques that are particularly relevant to complementary therapies

Who This Book Is For

Counselling Skills For Complementary Therapists is for any complementary therapist who wants to develop their counselling skills. The book is also suitable for students of complementary therapies who are interested in learning more about counselling.

About the Author

[Author's Name] is a qualified counsellor and complementary therapist with over 20 years of experience. She has written numerous books and articles on counselling and complementary therapies.

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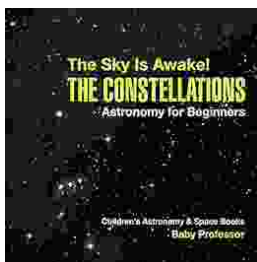
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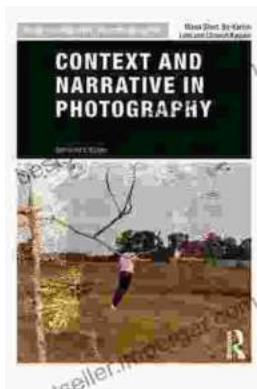
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