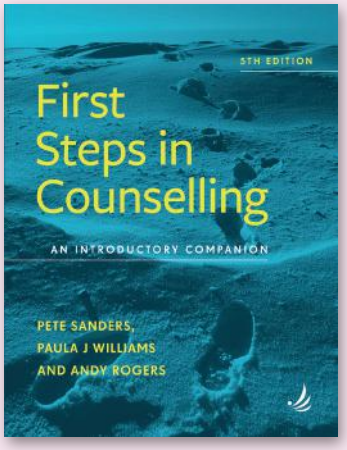
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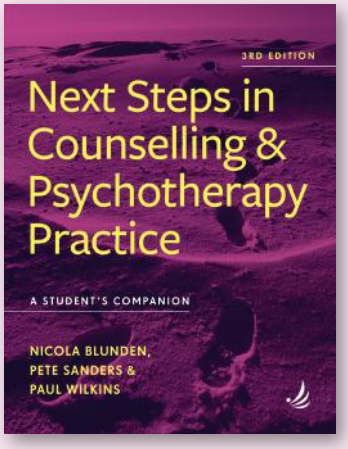
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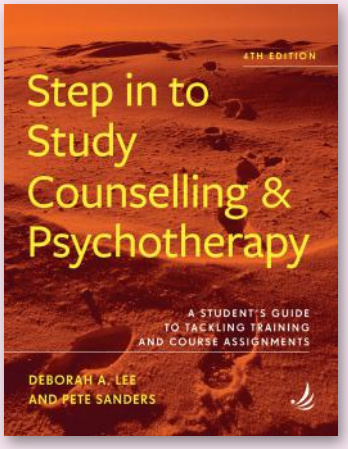
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This third edition of the very popular *Next Steps in Counselling Practice* has been revised, updated and expanded to accompany today's counselling students on their journey towards qualification. Aimed at the more advanced trainee, it continues from where the PCCS Books classic *First Steps in Counselling* leaves off.

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This updated classic provides essential guidance to student counsellors and psychotherapists starting out on their training. Most books about training focus on the training; this book is about you, the trainee and student, and your needs. An array of voices from the world of counselling and psychotherapy training also contribute their expertise on the topics discussed.

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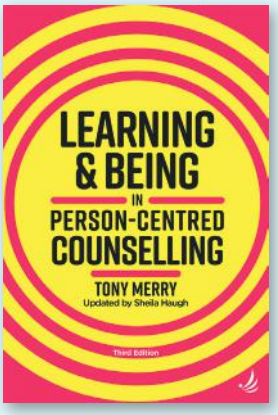
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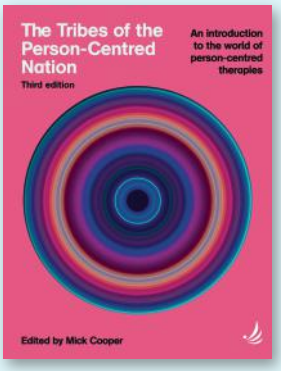
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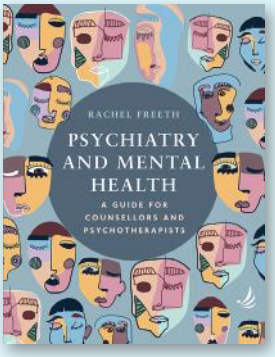
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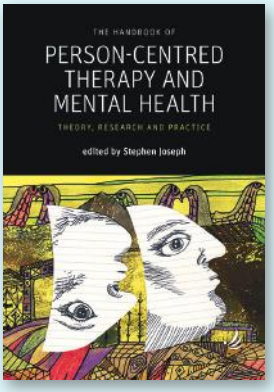
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Psychiatry and Mental Health

A guide for counsellors and psychotherapists

Rachel Freeth

Increasingly, counsellors and psychotherapists are working with people who have been diagnosed with a mental disorder and are required to understand and navigate the mental health system. Yet, counselling training rarely covers the fields of psychiatry and mental health in detail. This comprehensive guide is written as a resource to fill that gap. The text is designed to support continuing professional development and training and includes activities, points for learning/discussion and comprehensive references.

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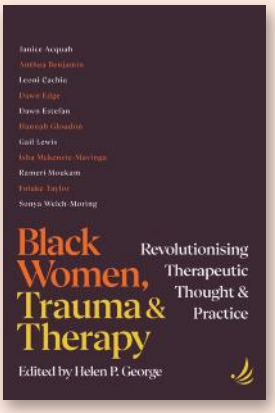
The Handbook of Person-Centred Therapy and Mental Health

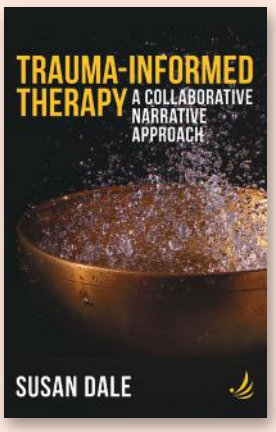
Theory, research and practice

Edited by Stephen Joseph

This edited collection challenges the use of psychiatric diagnoses and makes a powerful case for the effectiveness of person-centred approaches as the alternative way to work with people who would otherwise be diagnosed with severe mental illness. It demonstrates how the person-centred approach can help occupy the space that is opening up as mental health professionals look for alternatives to the medical model and argues for collaborative working with fellow mental health professionals.

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Black Women, Trauma and Therapy

Revolutionising therapeutic thought and practice

Edited by Helen George

This powerful testimony to the growing confidence and reach of Black women's therapy in the UK today brings together leading theorists and practitioners to present their radical thinking and innovative work at the cutting edge of intersectionality. Its chapters are hard-hitting, incisive, challenging, shocking, lyrical and inspiring, often all at once. A revolutionary resource for the counselling, psychotherapy and mental health professions.

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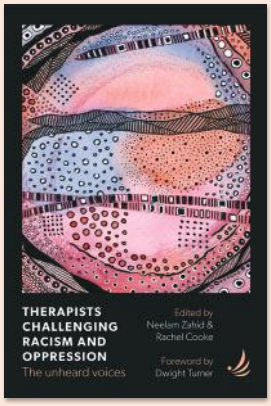
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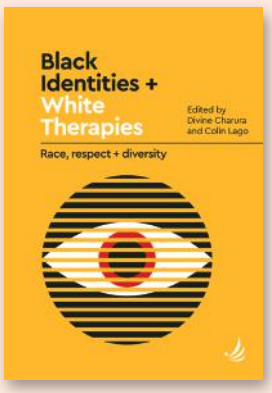
A collaborative narrative approach

Susan Dale

'Trauma-informed' has become a buzzword in the counselling and psychotherapy arena and the wider worlds of health and social care research and practice. But what does it mean in relation to practitioners' day-to-day work with clients? Susan Dale argues that all therapeutic work should put the client's needs at the heart of the process. She describes here how a collaborative narrative approach can make a lasting difference to people who have experienced trauma from childhood abuse and neglect, violence, combat, or other circumstances.

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Therapists Challenging Racism and Oppression

The unheard voices

Edited by Neelam Zahid and Rachel Cooke (Foreword by Dwight Turner)

This book contains powerful, first-person accounts of the often traumatising silencing of counsellors of colour within, and by, their own profession – searingly honest and rarely detailed stories of practitioners being shamed, excluded, violated, rendered invisible and deeply wounded by their experiences in training and in practice. But they are also stories of strength, courage, resourcefulness and growth.

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Black Identities and White Therapies

Race, respect and diversity

Edited by Divine Charura and Colin Lago

This vibrant new book springs from the continued failure of the counselling and psychotherapy profession to adequately prepare trainees to meet the needs of today's multi-ethnic, multiracial and multicultural society.

The editors, both highly experienced trainers and academics, have gathered together here a group of new and established writers who draw on personal and professional experiences to present an array of fresh ideas and approaches.

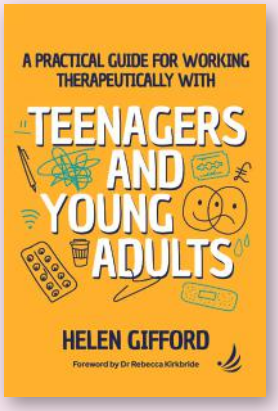
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A Practical Guide for Working Therapeutically with Teenagers and Young Adults

Helen Gifford

A comprehensive and engaging guide that seeks to inform and support professionals working therapeutically with this age group. It is written simply and succinctly by an experienced counsellor who knows of what she writes: Gifford has worked extensively in this field, in a range of therapeutic roles. The many case study examples bring to life and enrich the reader's understanding and provide valuable insights from the author's firsthand experience. Its main message is one of encouragement to professionals to stay open to continually learning from their young clients themselves in order to develop and enrich their therapeutic practice.

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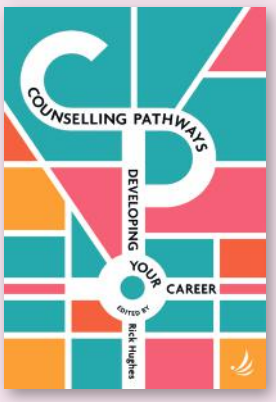


Practical Counselling Skills
Developing relational techniques – your questions answered

Tom Meaney

Unlock your potential as a competent and confident counsellor with this essential guide written specifically for students navigating the complexities of counselling skills. Written by an experienced BACP accredited counsellor and university lecturer, this resource answers many pressing questions and concerns raised by students. The book is packed with practical exercises, in-session examples, and insightful tips that demystify key counselling techniques, all designed to support you in a practical way.

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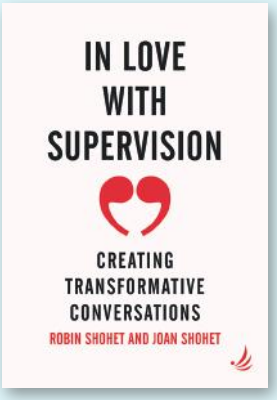


Counselling Pathways
Developing your career

Edited by Rick Hughes

A counselling qualification can open doors to a wealth of career opportunities, but there is little guidance to help newly qualified practitioners or those considering a change of pathway. In this comprehensive book, Rick Hughes has gathered together leading practitioners and experts in their fields from across the sectors where counselling is provided to offer their wisdom and experience. Packed with practical advice, this is an essential guide for students embarking on their career and qualified practitioners looking to extend their cv and explore different arenas of practice.

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In Love with Supervision

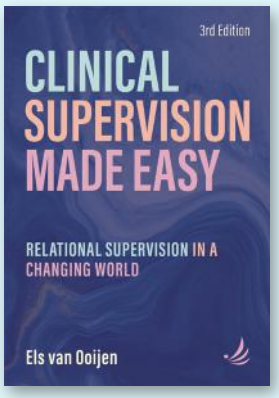
Creating transformative conversations

Robin Shohet and Joan Shohet

Robin and Joan Shohet are pioneers in supervision training for the helping professions. Much more than a manual, this book embodies the heart, soul, spirit and values of their training courses – a golden treasury of insight, wisdom and practical techniques. Its detailed descriptions of their courses apply directly to the work of the helping professions and the therapeutic relationship; what they say applies also to how we all negotiate relationships in our work and our lives.

'This is a breath-taking treasure trove of a book.' Prof. Charlotte Sills

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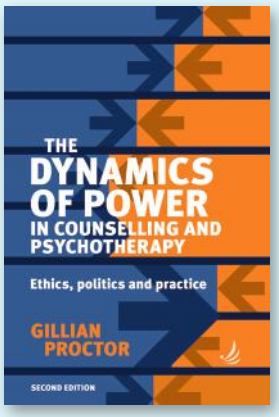
Clinical Supervision Made Easy (3rd edition)

Relational supervision in a changing world

Els van Ooijen

This third edition of *Clinical Supervision Made Easy* has been extensively revised and updated. It is a practical and accessible book for supervisors and supervisees that offers the 3-Step Method as a guide to effective supervision. This method is not linked to any particular theoretical orientation or philosophy, so it can be applied in any helping context irrespective of the profession of the worker. It is written in a relational and conversational style with many helpful examples, suggestions and techniques, based on the author's considerable experience.

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The Dynamics of Power in Counselling and Psychotherapy (2nd edition)

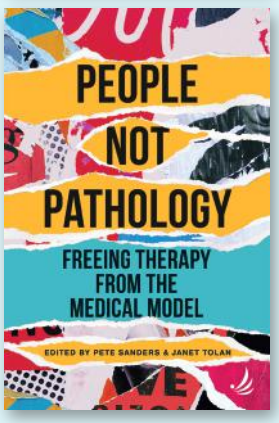
Ethics, politics and practice

Gillian Proctor

This hard-hitting, impeccably referenced book draws on academic theories and analyses of power and the author's personal experience both as client and practitioner to critique power within the psychotherapeutic relationship and within the organisations where therapy takes place. Accessible, political and severely critical of her own profession.

In this second edition, Gillian Proctor extends her discussion to recent challenges presented by IAPT.

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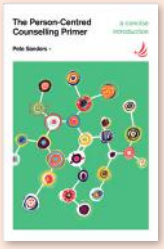
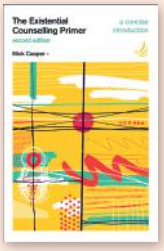
Freeing therapy from the medical model

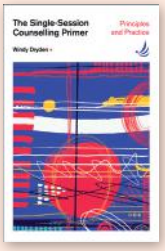
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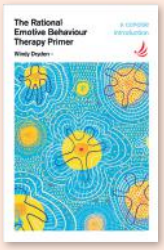
It is only in the last two or three decades that the medical model has come to dominate psychological theory and practice. This book considers the evidence that points us towards freeing ourselves from this creeping medicalisation and recognises the influence of our environments and circumstances on our psychological wellbeing. Contributors from a range of modalities illustrate how to practise in a demedicalised way. The book demonstrates that an approach freed from the medical model provides a better and more ethical framework for all psychological practice.

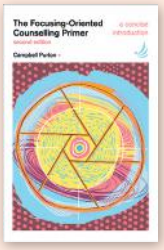
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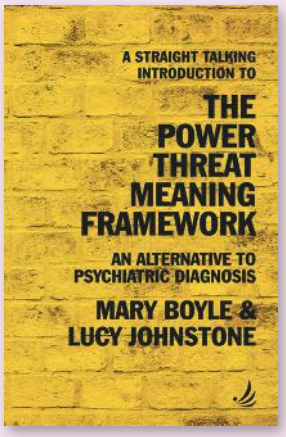
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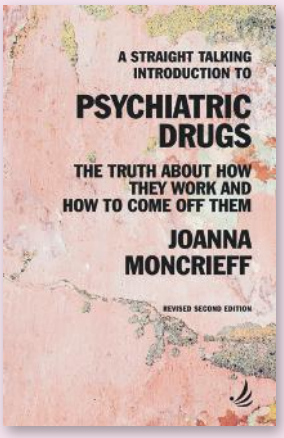
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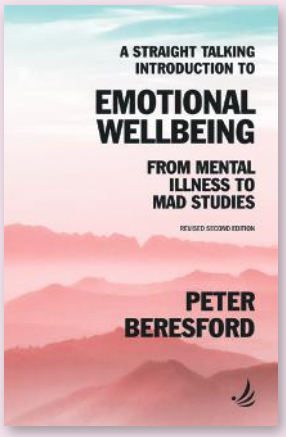
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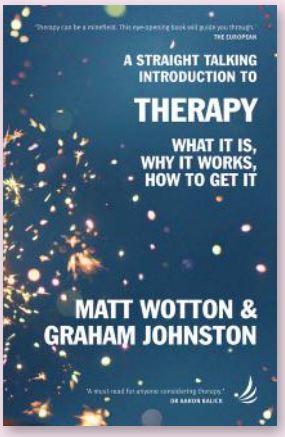
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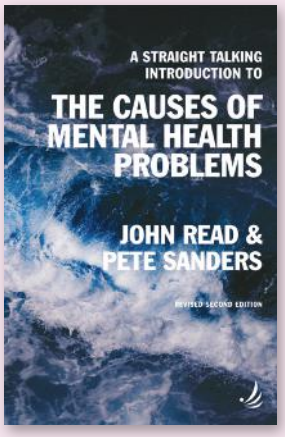


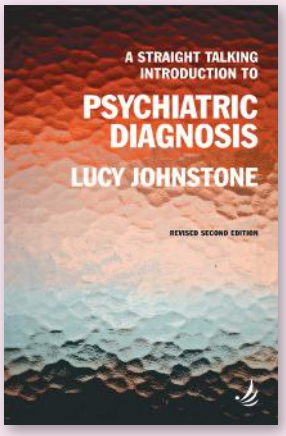


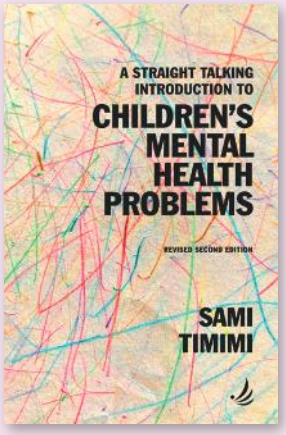




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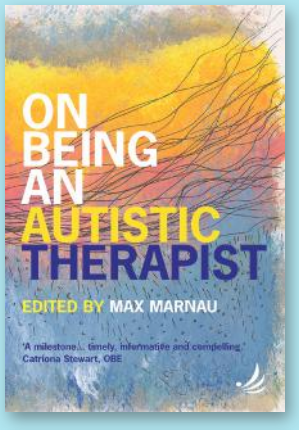
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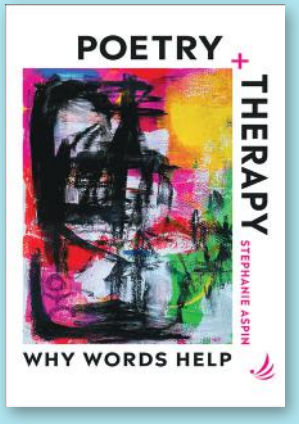


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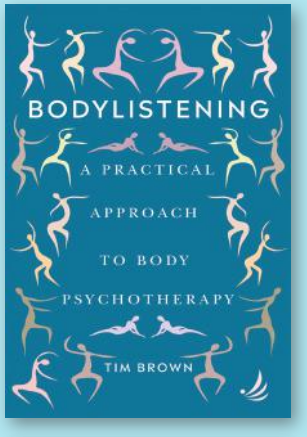
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Why words help

Stephanie Aspin

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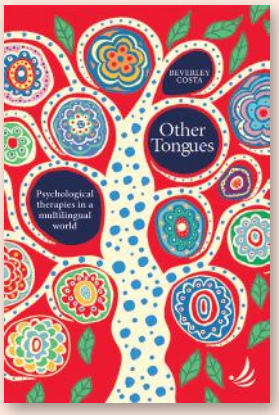
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Reconstructing normality

Nick Totton

A revolution is underway in how we think about human variation. It has the potential to transform the social and political landscape, sweeping away walls and fences that stop so many people from fully participating. Psychotherapy should be in the vanguard of this revolution, but it isn't, writes Nick Totton in this bold analysis of human difference. His aim is to challenge and also help the reader, be they talking therapist, body therapist, client or anyone, to interrogate their own 'normality', and hopefully to relinquish the word and all the privileges it brings.

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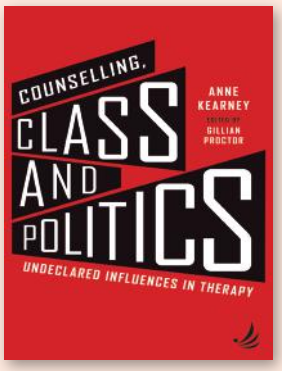
Other Tongues

Psychological therapies in a multilingual world

Beverley Costa

Multilingual clients are different from monolingual clients. So writes Beverley Costa at the start of this groundbreaking book which explores the challenges and opportunities that working multilingually can bring to the therapeutic relationship. She argues that multilingualism should be a core part of the training curriculum for all counsellors and psychotherapists, and a subject for sensitive exploration with clients. The book is a powerful plea to the counselling profession to acknowledge the riches clients' other languages can bring.

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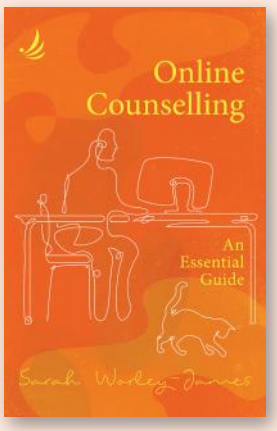
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Undeclared influences in therapy

Anne Kearney
Edited by Gillian Proctor

Anne's motivation for writing *Counselling, Class and Politics* back in 1996, was `to persuade readers to the view that politics and political ideas matter in counselling'. This second edition contains a wide range of commentaries from practioners working in the world of counselling today. Accessible, unashamedly unapologetic and searching in the questions it asks of readers, Anne's book is a vibrant, challenging text for any student, practitioner or trainer today.

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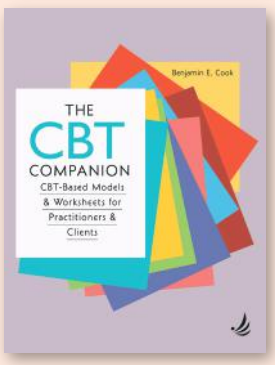
Online Counselling

An essential guide

Sarah Worley-James

After many years on the fringe, online counselling has rapidly become mainstream practice, propelled by the Covid-19 pandemic. In this essential book, Worley-James covers video, audio and text-based counselling, using vivid vignettes and case examples to bring to life its contents. All aspects, from transitioning and setting up the room and the equipment needed through to contracts, data storage and, above all, risk, are covered, with practical exercises to help you gain confidence in using these emerging media to their full creative potential.

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