

## ***Basic Counselling Skills A Helper S Manual***

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Basic Counselling Skills. Attending. Attending in counselling means being in the company of someone else and giving that person your full attention, to what they are saying or doing, valuing them as worthy individuals. Use of Silence. Silence in counselling gives the client control of the content, pace and objectives.

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However, frequently helpers use counselling skills in locations that represent their primary work role. Such locations include personnel offices, classrooms, tutorial rooms, hospital wards, outplacement clinics, churches, banks, law offices and community centres.

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Step One - Learning the Basic Skills of Counseling Techniques. Learning some basic skills of (link to

Basic Counseling Techniques: A Beginning Therapist's Tool Kit by Wayne Perry) is the first step on our journey. These basic skills include the patterns of sessions, active listening, body language, tone, open ended and closed questions,...

**A. TECHNIQUES - Basic Counseling Skills**

Basic Counselling Skills: A Helper's Manual / Edition 4. About the Author: Richard Nelson-Jones is Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy, and Director of the Cognitive Humanistic Institute, Chiang Mai, Thailand.

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The Top Ten Basic Counseling Skills -- Kevin J. Drab, M.Ed., M.A., LPC, CAC Diplomate Research is increasingly finding that the type of therapy used is not as important to outcomes as are specific counselor behaviors such as (1) Enthusiasm, (2) Confidence, (3) Belief in the patient's ability to change.

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Basic Counseling Skills is geared to the needs of University and College Students, Health Care Practitioners, Volunteers, and New Counselors. But my hope is that EVERYONE - including Teachers and Professors, Department Managers, Volunteer Coordinators, and experienced Counselors - will find this a good refresher and will recommend it to others.

**Basic Counseling Skills - Home**

Clearly written with appropriate examples throughout, and thought-provoking activities which are relevant for either group discussion or individual reflection. A very accessible text with clear guidance on how to develop basic counselling skills for helpers or those considering progression into a professional counselling role.

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