

Contents

<i>List of Online Resources</i>	ix
<i>About the Authors</i>	xi
<i>Preface</i>	xii
<i>Acknowledgements</i>	xv
1 Learning Skills in Counselling and Psychotherapy	1
2 Overview of the Skills-Based Model	19
3 Building Your Foundations	29
4 The Beginning Stage: Focusing and Connection	57
5 The Middle Stage: Exploring and Deepening	87
6 The Ending Stage: Reflection and Transition	113
7 Working in Practice: Common Issues, Competency and Self-Care	135
8 Case Study	153
9 Success in Practice: Using Your Learning	171
<i>Glossary</i>	175
<i>References</i>	179
<i>Index</i>	187