



The Handbook of Counselling Children & Young People

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The Handbook of Counselling Children & Young People

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This landmark handbook brings together the fundamentals of counselling children and young people theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive, accessible and jargon-free.

Divided into four parts, it covers:

- theory and practice approaches, including chapters on child development, person-centred, psychodynamic, CBT, Gestalt approaches, and more
- counselling process, including chapters on the therapeutic relationship, skills, groupwork, supervision
- practice issues, including chapters on law and policy, ethics, diversity, challenging behaviour
- practice settings, including chapters on health and social care settings, school and education, multi-agency and collaboration.

Each chapter includes a chapter introduction and summary, reflective questions and activities, helping trainees to cement their learning. With chapters contributed by leading experts and academics in the field, this book is essential reading for trainees and practitioners working with children and young people.

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