A complete introduction to the theory and practice of contemporary counselling psychology

An excellent resource for students at undergraduate or graduate level, Counselling Psychology: A Textbook for Study and Practice provides valuable insights into the key issues associated with theory and practice in this field. The contributors represent a diverse array of approaches, reflecting the rich diversity within the area, and care is taken to avoid favouring any one approach. The book begins with an overview of the historical and philosophical foundations of counselling psychology, before taking a detailed look at major therapeutic approaches and exploring issues associated with specific client populations, ethics, research design, and more. In particular, the text seeks to explain how counselling psychology differs from and informs other areas of contemporary applied psychology. The result is an engaging balance of the personal and academically rigorous, presented in a highly accessible format.

- An authoritative introduction to and key issues involved with the theory and practice of counselling psychology for students and practitioners at all levels
- Considers all major approaches to psychotherapy including existential, person-centered experiential, psychodynamic, and cognitive-behavioural
- Explores issues commonly encountered when working with specific client groups including children, people with intellectual disabilities, and emergency trauma victims
ABOUT THE AUTHOR

David Murphy PhD, CPsychol, AFBPsS, is a Full Member of the British Psychological Society Division of Counselling Psychology, a person-centred experiential psychotherapist on the BPS Register of Psychologists Specialising in Psychotherapy and has a particular interest in the field of counselling and education and the effects of psychological trauma. He is the Course Director for the Master's program in Person-Centred Experiential Counselling and Psychotherapy at the University of Nottingham, UK. He previously held the position of Honorary Psychologist in Psychotherapy at the Centre for Trauma, Resilience and Growth, Nottinghamshire Healthcare NHS Trust.

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