Contents

Acknowledgements Foreword Introduction	8 9 11
Section 1 — the process This section offers you specific guidelines and skills which you can use to find, establish and maintain a counselling relationship, with particular reference to getting your needs as a consumer met	15
Chapter 1 Do you need counselling? How to use this chapter; what is counselling; what does counselling offer; what counselling won't do; what else would do instead of counselling; final blocks	17
Chapter 2 What counselling do you need? What kind of counselling; what kind of counsellor; what will you give; what now?	29
Chapter 3 How to find what you want What resources have you; ways of finding a counsellor or counselling method; action plan	43
Chapter 4 First contact Your agendas; types of contact; counsellor's agendas; decision time	51

Chapter 5 What happens in a session? How to use this chapter; listing of counselling styles	63
Chapter 6 A sample session A transcribed session, with a commentary on what was happening for the counsellor while it was going on	82
Chapter 7 What to do if Causes of problems; common problems; skills to solve problems	92
Chapter 8 How am I doing? How can you judge; your counsellor's viewpoint; your viewpoint; exploration of progress	106
Chapter 9 Stopping Issues around stopping; making the decision; how to stop	116
Chapter 10 What next? Resuming counselling; other alternatives; longer term views	122
Chapter 11 Becoming a counsellor Are you suitable; what you give and what you get; ways in	132
Section 2 — the experience This section offers examples of client and counsellor experience to inform your consumer knowledge	141
Chapter 12 Talking to clients Client's accounts of how they entered, developed and in some cases ended their counselling	143
Chapter 13 Talking to counsellors Counsellors' viewpoints on their approach to counselling and in particular how they came to be the kind of counsellors they are	159

Section 3 — the possibilities A general overview of what kinds of counselling are currently available in Britain	177
Chapter 14 Consumer guide — issues A comprehensive selection of specific issues, which are for many people their initial entry into counselling, listing relevant approaches and organizations	179
Chapter 15 Consumer guide — schools An overview of the main schools of professional friendship being offered today, listing counselling and training organizations	205
Bibliography Index	233 237