

Challenging Blank Minds and Sticky Moments in Counselling: A Revised Edition is a hugely pragmatic text that draws on humour and experience to explore and help to demystify some of the issues and dilemmas that counsellors find themselves in today. Offering diverse approaches and skills to help practitioners and trainees see through the challenging or sticky moments in conventional therapeutic practice, Janice Russell and Graham Dexter offer practical advice for moving forward. Topics are presented in terms of an argument: key concerns, the underlying assumptions and beliefs about the topic; exploration of possible counsellor responses (relating potential interventions to the assumptions and beliefs of the counsellor); and concluding with general guidelines for professional and ethical practice. Well referenced and researched, this revised edition updates the discourse on many current themes with new sections including: negative consequences of counselling issues of mental health and illness professional issues warnings for practitioners to heed challenges to concepts of selfhood

Challenging Blank Minds and Sticky Moments in Counselling: A Revised Edition addresses the skills and issues associated with all levels of counselling, enabling practitioners to reflect on their profession, with the ultimate goal of best possible practice. The text is down to earth, solidly grounded in theory, rich in practical skills and represents an engaging upper level text for trainees on a variety of courses as well as professionals.

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Janice Russell has 15 books on Goodreads with 29 ratings. Janice Russell's most popular book is Goldilocks. Blank Minds and Sticky Moments in Counselling: Practical Strategies and A guide to the common challenges which arise in everyday counselling practice. Some of my PhD findings informed my work Challenging Blank Minds and Sticky Moments in Counselling, written with Graham Dexter (available Amazon books. Blank Minds and Sticky Moments in Counselling: Practical Strategies A Counseling Primer: An Introduction to the Profession by Mary Guindon . produced by Virtual Machina; interview by Rich Simon in Tough Customers.

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