



Counselling Skills For Dummies

Gail Evans

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Counselling Skills For Dummies Gail Evans

Discover the practical skills for helping others.

Whether you are considering becoming a counsellor, have to provide some form of counselling as part of your job, or are simply interested in communicating well, *Counselling Skills For Dummies* provides the perfect introduction to the practical basics of counselling. Starting with a thorough guide to the qualities, knowledge and skills needed to become a 'listening helper', the book goes on to provide a framework for a counselling session, helping you to successfully manage a potentially daunting process.

Counselling Skills For Dummies, 2nd Edition:

- Illustrates how you can create a positive relationship between listener and speaker
- Teaches you how to structure a helping conversation
- Explains how asking the right questions are important to the progression of the relationship between speaker and listener
- Shows how you can better understand yourself, which is a crucial step in ensuring that you break down your own barriers to listening

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