



Counselling and Supporting Children in Distress

Sonia Sharp, Helen Cowie

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‘A book which will be of great interest and use to teachers and school staff... case examples and details of interventions are very helpful... [a book for] teachers to dip into when faced with a pupil troubled by fears and phobias, or an issue such as bullying’ - **Young Minds Magazine**

‘This book successfully integrates current theory, practice and research. It is concise and easy to read.... I broadened and deepened my understanding from reading it. I can imagine some EPs and others using individual chapters as informative, quick revisions of key subject areas.... Additionally, this book will be useful to the growing army of other adults now working with children and young people’ - **British Psychological Society Division of Educational and Child Psychology Newsletter**

Increasingly, the carers of children must call on basic counselling skills in their interactions with young people and their families. This book addresses the key issues and problems faced by adults involved in the care of children, and gives them the knowledge they need to provide effective support for the children and young people with whom they work.

Integrating theory, practice and research, the authors give clear, accessible interventions designed to alleviate distress. They demonstrate how appropriate counselling approaches and support systems can be incorporated by practitioners into their existing repertoire of skills.

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