



## **Counselling for Stress Problems**

### **Preface**

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# Counselling For Stress Problems

**R. W. M. Gründemann, Tinka van  
Vuuren, C. V. van Vuuren**



## **Counselling For Stress Problems:**

*Counselling for Stress Problems* Stephen Palmer, Windy Dryden, 1994-12-20 Seminars by Professor Windy Dryden See the man live and in action To find out more and to book your place go to [www.cityminds.com](http://www.cityminds.com)

A welcome addition to the series The co authors have endeavoured to give a thorough and practical guide to this vast subject and they have managed to do this within the confines of an easy to read cheap and relatively short paperback a very useful practical volume for the general counsellor to have on their book shelf *Counselling* The Journal of the British Association for Counselling and Psychotherapy This comprehensive guide views stress counselling and management from a multimodal perspective Clear guidelines show practitioners how they can give their clients the most effective help for their stress problems using a technically eclectic and systematic approach The authors discuss the symptoms and causes of stress and outline a framework in which stress problems can be understood They emphasize the importance of assessment as a guide to the selection of multimodal interventions and of tailoring the counselling approach for each client Chapters discuss the range of interventions that can be used cognitive imagery behavioural sensory interpersonal and health lifestyle and the most useful techniques that can be employed within these models such as disputing irrational beliefs coping imagery psychodrama relaxation training and assertion training Case examples illustrate commonly used techniques

**Counselling for Stress Problems** Stephen Palmer, Windy Dryden, 1995 **Workplace Counselling** Michael Carroll, 1996-12-23 An invaluable resource book for anyone counsellors EAP providers and companies involved in workplace counselling Helpful and informative it is set to become a classic text in its field *Counselling* The Journal of the British Association for Counselling Accessible and meaningful a valuable contribution to the growing body of literature on counselling in specific contexts and Michael Carroll is to be congratulated for his skill in pulling together so many strands that influence the workplace counsellor's role Human Resource Management Journal Hand in hand with the increase in numbers of organizations offering counselling for their employees comes a growing demand for Stress Counselling Albert Ellis, Jack Gordon, Michael Neenan, Stephen Palmer, 2001-01-30 The text is clear and easy to follow with vivid sessional excerpts that illustrate the theoretical dialogue International Review of Psychiatry The publication proves to contain much instructive and practice oriented material Nursing Standard Stress Counselling is a comprehensive study of the theory and practice of the Rational Emotive Behaviour approach applied to stress counselling and psychotherapy Albert Ellis pioneered Rational Emotive Behaviour Therapy REBT which has since been adopted internationally This approach enables the clients to embark on a course of effective counselling which has a clear beginning and end This book discusses techniques and solutions to common problems and also provides guidance on conducting group work Its comprehensive coverage includes additional material on techniques such as skills training relaxation methods hypnosis and biofeedback Medical and Psychiatric Issues for Counsellors Brian Daines, Linda Gask, Tim Usherwood, 1997-02-10 Counsellors often encounter

situations where clients medical or psychiatric conditions and their treatment affect the assessment of or work with that client The first comprehensive overview of its kind aimed specifically at counsellors this book highlights their key concerns and offers practical advice for judging when a situation may be beyond the counsellor s skills Topics covered include how to recognize serious medical or mental health problems and guidelines on referral information on the effects and possible side effects of certain drug treatments how to deal with a medical emergency should it arise within a session how to help clients deal with medical dilemmas such as HIV testing and which psychiatric conditions can be exacerbated by counselling The authors consider in further detail questions counsellors must be aware of in assessment at the point of referral and in ongoing counselling for instance when it is appropriate to refer on and how best to do it how to liaise with the client s GP and whether or not it is appropriate to visit in hospital Ethical and legal issues including confidentiality and counsellor responsibility are addressed throughout

**Handbook of Counselling Psychology** Ray Woolfe,Windy Dryden,1996-06-06 This book provides comprehensive coverage of counselling psychology in contemporary Britain Leading psychologists provide a thorough examination of all the major areas concerns in the field

**Counselling for Depression** Paul Gilbert,2000-11-13 Counselling for Depression is a guide to depression and the essential interpersonal skills and techniques used in counselling the depressed person Paul Gilbert explores many of the features and complexities of depressed states including general negativity the sense of failure abandonment powerlessness anger shame and guilt He discusses the key role of the therapeutic relationship conceptualization and formulation and a wide variety of interventions for different types of difficulty Carefully chosen illustrations and case examples are used to outline the steps appropriate to different stages in the counselling process and which help to build the client s capacity for change and recovery This fully revised and updated second edition features an additional chapter on interventions with a specific focus on developing inner warmth Counselling for Depression will continue to be of significant benefit to all those training or training others in their psychotherapeutic work with depressed clients Jacket

*Counselling for Eating Disorders* Sara Gilbert,2005 Drawing on many years experience as a practitioner Sara Gilbert explains how to structure assessment and programmes of treatment for eating disorders

Brief Group Counselling Michael J. Scott,Stephen G. Stradling,1998-06-11 Counselling and therapy in small groups is manageable effective efficient and an increasingly important part of the repertoire of the busy practitioner This book is an up to date and accessible guide to the principles and practice of working with small groups using a cognitive behavioural perspective The context is work with groups of 5 8 clients in programmes of brief therapy consisting of 10 group sessions supplemented where necessary by individual counselling sessions Therapists and counsellors will welcome this book for its Focus on group treatment combined with individual client assessment Treatment of four common emotional problems Generalized Anxiety Panic with Agoraphobia PTSD and Depression Detailed examples of programmes in these areas together with follow up sessions Guidance on the concepts and techniques of cognitive behavioural counselling as well as the issues

which arise in practice Realistic techniques for auditing the effectiveness of brief therapy and counselling programmes This important book opens up new opportunities to apply proven cognitive behavioural methods in small group settings The methods described are eminently practical and the authors have taken pains to prepare the individual counsellor for the challenges of group work It is strongly recommended for counsellors social workers and clinical psychologists seeking to treat anxiety and depression in a more cost effective way Professor Chris Brewin Royal Holloway University of London This book appears in the Wiley Series in Brief Therapy and Counselling Series Editor Windy Dryden Goldsmiths College University of London UK Dictionary of Counselling Colin Feltham,Windy Dryden,2004-07-23 This resource supplies definitions for well known key terms and recent innovations and presents nutshell versions of debates and disagreements in the field It includes selective pertinent terms from the cognate disciplines of psychiatry and psychotherapy and gives an insight into the language and development of counselling Preventing Absenteeism at the Workplace R. W. M. Gründemann,Tinka van Vuuren,C. V. van Vuuren,1998 Key Issues for Counselling in Action Windy Dryden,1989-08 A stimulating and valuable book British Journal of Guidance and Counselling This concise and practical book tackles the key issues which all counsellors regardless of their theoretical orientation encounter in the counselling process from its beginning to its termination It assesses and provides views on some of the major challenges common to any counselling process such as structuring trust evaluation the reluctant client improving the counselling relationship transference and countertransference

**Occupational Stress** Ken Addley,1997-10-13 Introduces the causes recognition and effects of stress before discussing prevention coping and health considerations A psychiatrist presents case studies showing how post traumatic stress disorder can be a specific form of occupational related stress Another contributor discusses the European Union s approach to workplace health and safety Also included are a sample stress policy questionnaires advice on seminars a personal job appraisal system and trade union and legal perspectives Assumes no technical background Annotation copyrighted by Book News Inc Portland OR **Theory and Practice of Counselling and Therapy** Richard Nelson-Jones,2006-01-26 Theory and Practice of Counselling and Therapy written by Richard Nelson Jones is a comprehensive introduction to all of the major therapeutic approaches Written using a common structure for each approach the book allows easy comparison between the different orientations **Counselling for Post-traumatic Stress Disorder** Michael J. Scott,Stephen G. Stradling,1992 The distress an individual experiences after an unusually disturbing event a natural disaster accident crime can be overwhelming If the distress persists the person may suffer from Post Traumatic Stress Disorder PTSD A comprehensive guidebook for discovering and treating this disorder Counseling for Post Traumatic Stress Disorder offers therapists techniques illustrated by case examples which can be applied to help PTSD sufferers Distinguished authors begin with the hallmarks of PTSD intrusive imagery avoidance behavior and uncharacteristic irritability and discuss susceptibility factors They point to two manifestations of PTSD and highlight various methods needed for the effective treatment of acute and chronic cases This is

one of a number of affordable accessible short books in the Counseling in Practice Series well illustrated with suitable cases There is much to commend this book International Review of Psychiatry There is much of relevance to the clinical practice of clinical psychologists The treatment approach described is solidly cognitive British Journal of Clinical Psychology If what you are looking for is a purely cognitive behavioral guide to counselling PTSD clients then I unhesitatingly say that this is your book Counselling Social Work Stress and Intervention Stephen Fineman,1985 **Handbook of Brief Cognitive Behaviour Therapy** Frank W. Bond,Windy Dryden,2002-06-14 Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings In this unique handbook Frank Bond and Windy Dryden have brought together a prominent cast of authors to discuss issues concerning the definition assessment and in particular the practice of brief Cognitive Behaviour Therapy CBT Contents include The difference between brief and regular CBT and evidence for its effectiveness How to use brief CBT in your own area of practice Applying brief CBT to emotional disorders anxiety workplace stress and more This handbook is accessible to a wide range of readers including academics practitioners psychotherapists counsellors and students training in CBT *Workplace Report* ,2003 **Psychology in Counselling and Therapeutic Practice** Jill D. Wilkinson,Elizabeth A. Campbell,Adrian Coyle,Alyson Davis,1997-03-27 A selection of core topic in psychological theory and research presenting each from the perspective of the counselor therapist or student in the field The text illustrates discussions with case histories from the co authors files demonstrating the synergy between psychological processes and therapeutic practice in terms of personality emotion memory cognitive function states of consciousness lifespan development individuation stress and specific psychologic disorders such as depression Annotation copyrighted by Book News Inc Portland OR **NIMHANS Journal** ,1996

## The Enigmatic Realm of **Counselling For Stress Problems**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Counselling For Stress Problems** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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