

COUNSELLING SKILLS FOR COMPLEMENTARY THERAPISTS

- Which skills should a complementary therapist develop?
- How might the skills be used more effectively?
- What are the ethical issues that a complementary therapist must consider?
- When and how should a complementary therapist seek help?

As the demand for tighter professionalism grows in the complementary healing world, and government regulation increases, a more skilled approach to counselling patients has become priority. Surprisingly, few practitioners over the past thirty years have used more than basic listening skills as part of their clinical work, largely because they were not taught counselling techniques. Most continue to rely instead upon sympathy and intuition to help their patients face emotional problems. Yet advice, however well-meant, could prove dangerous or, at the least, inappropriate.

This pioneering book seeks to change this. *Counselling skills* help to prevent mistakes, they tell therapists what they can and cannot do. In turn, they then guide the patient towards taking more responsibility for their life and to discover their own 'healer within' to speed recovery. In using talking treatment, as well as their primary discipline, practitioners may now offer a truly holistic mind-body-spirit dimension to their work.

Theoretical consideration of topics such as transference and counter-transference are woven together with case studies, practical tips, personal anecdotes and observations, to make this an accessible and informative book for professionals, graduates and students.

Rosie March-Smith is a registered psychotherapist with the UK Council for Psychotherapy, and a member of The Association of Humanistic Psychology Practitioners. She is a founder member of the Dorset Association of Counsellors and Psychotherapists and has run innovative courses in Holistic Living at Denman College, Abingdon, as well as her own residential workshops. Formerly an international journalist, she has written extensively on education and mental health matters. She has been a psychotherapist for nearly twenty years and is currently in private practice in the West Country.

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C O U N S E L L I N G **Skills**

Counselling Skills for Complementary Therapists

ROSIE MARCH-SMITH

Counselling Skills for Complementary Therapists

MARCHSMITH



Counselling skills **FOR COMPLEMENTARY THERAPISTS**

Counselling Skills For Complementary Therapists

Camilla Rothe



Counselling Skills For Complementary Therapists:

The Enigmatic Realm of **Counselling Skills For Complementary Therapists**: 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 short of extraordinary. Within the captivating pages of **Counselling Skills For Complementary Therapists** a literary masterpiece penned with a renowned author, readers attempt 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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