



Counselling and Therapy Techniques: Theory & Practice

Augustine Meier, Micheline Boivin

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This is the first book on counselling skills to look in detail at the practical interventions and tools used to establish the therapeutic relationship. Step-by-step, the text teaches the reader exactly how to use these skills with clients to address their concerns and achieve therapeutic change.

Integrative and pluralistic in approach, the text covers the key techniques from all the major therapeutic models, placing them in their historical and theoretical contexts. Techniques covered include empathic responding, experiential focusing, Gestalt, metaphors, task-directed imagery, ego state therapy, solution focused therapy, cognitive behavioral therapy, narrative therapy and self-in-representation therapy. The book:

- presents each technique from the perspective of its underlying theory;
- gives practical instruction on how to deliver each intervention;
- provides extracts from counselling sessions to demonstrate the technique in action.

This book is crucial reading for all trainees on counselling and psychotherapy courses or preparing to use counselling techniques in a range of other professional settings. It is also helpful for professionals who wish to acquire additional skills.

Augustine Meier, certified clinical psychologist, professor Emeritus, Faculty of Human Sciences, Saint Paul University, Ottawa, Ontario and Founder and President of the Ottawa Institute for Object Relations Therapy.

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