



Practical Counselling & Helping Skills: Text and Activities for the Lifeskills Counselling Model

Richard Nelson-Jones

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This new Fifth Edition of Richard Nelson-Jones' bestselling Practical Counselling & Helping Skills presents the core skills needed to be a successful counsellor. Fully revised and updated, the text is based on the Relationship-Understanding-Changing (RUC) lifeskills counselling model. This provides a systematic approach for clients to develop specific lifeskills to change how they feel, think, communicate and act, and this book provides ways for the counsellor to facilitate this

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