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# Counselling And Supporting Children And Young People A Person Centred Approach

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Person-centred Work with Children and Young People

School Counsellors Working with Young People and Staff

Person-Centred Therapy with Children and Young People

Therapy with Children and Young People

CBT with Children, Young People and Families

Relationship Counselling for Children, Young People and Families

Counselling Skills and Studies

Working with Children and Parents through Separation and Divorce

Counselling Children and Young People in Private Practice

Working with Children and Teenagers Using Solution Focused Approaches

Counselling in Schools

Parenting Matters

Counselling Adolescents

Counselling Children with Special Needs  
Counselling Couples and Families  
Essential Research Findings in Child and  
Adolescent Counselling and Psychotherapy  
Counselling Pupils in Schools  
Supporting Mental Health in Primary and Early  
Years  
Counselling and Supporting Children and Young  
People  
Counselling and Supporting Children in Distress  
Counselling Young People  
Mental Health in Schools  
Psychodynamic Counselling with Children and  
Young People  
Therapeutic Practice in Schools  
Children and HIV  
Helping Children Pursue Their Hopes and Dreams  
Helping Children Who are Anxious or Obsessional  
Life Story Therapy with Traumatized Children  
The Essentials of Counselling and Psychotherapy  
in Primary Schools  
Time to Listen to Children  
Person-Centred Therapy with Children and Young  
People  
Counselling Children  
PDA in the Therapy Room  
Counselling Children, Adolescents and Families  
Counselling Children, Adolescents and Families  
Pink Therapy  
Skills in Counselling and Psychotherapy with  
Children and Young People  
Counselling Children with Chronic Medical

Conditions  
The Handbook of Counselling Children & Young  
People  
Helping Children to Manage Loss

*Counselling  
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Supporting  
Children  
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People A  
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**LAYLA  
ASHLEY**

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**Person-  
centred  
Work with  
Children and  
Young  
People** SAGE

Pathological  
Demand  
Avoidance  
(PDA)  
presents a  
unique  
challenge for  
professionals,  
whereby  
conventional  
therapy  
methods are  
often  
perceived as

demands and  
met with  
opposition  
where they  
normally  
would have  
proven  
effective. This  
guide sets out  
the most  
effective  
strategies for  
clinicians to  
provide the  
best care for  
children with  
PDA, adapting  
conventional  
modes of  
therapy to suit  
their needs.  
Methods  
include  
indirect  
techniques  
such as play-  
based therapy

or trauma-  
informed  
approaches  
enabling the  
child to  
process their  
experiences  
on their own  
terms. With  
additional  
guidance for  
supporting the  
families of  
patients and  
addressing  
common  
obstacles, this  
book provides  
understanding  
and guidance  
for  
professionals  
making a  
difference to  
the lives of  
children with  
PDA.

<p><u>School Counsellors Working with Young People and Staff</u> Wiley-Blackwell A comprehensive British volume on lesbian and gay affirmative psychotherapy has been a while coming. Pink Therapy, however, has arrived, amply fills this gap, and is well worth the wait. The literature reviews are masterful for scholars, and the book offers a comprehensive, thoughtful</p>	<p>approach for clinicians. A deft editorial hand is evident in the unusual consistency across chapters, the uniformly crisp, helpful chapter summaries, and the practical appendices, generous resources lists and well organized bibliographies. I particularly like the contributors subtle appreciation of theoretical nuance, genuine open-mindedness to diversity of ideas, and</p>	<p>willingness to synthesize in a pragmatic and client-oriented manner. John C. Gonsiorek, PhD., Minneapolis, MN USA; Diplomate in Clinical Psychology, American Board of Professional Psychology; Past President, Society for the Psychological Study of Lesbian and Gay Issues (Division 44 of the American Psychological Association). Pink Therapy is the first British guide for counsellors</p>
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and therapists working with people who are lesbian, gay or bisexual. It provides a much needed overview of lesbian, gay and bisexual psychology, and examines some of the differences between lesbians, gays and bisexuals, and heterosexuals. Pink Therapy proposes a model of gay affirmative therapy, which challenges the prevailing pathologizing models. It will help to provide answers to

pressing questions such as: what is different about lesbian, gay and bisexual psychologies? how can I improve my work with lesbian, gay and bisexual clients? what are the key clinical issues that this work raises? The contributors draw on their wide range of practical experience to provide - in an accessible style - information about the contemporary experience of living as a lesbian, gay or

bisexual person, and to explore some of the common difficulties. Pink Therapy will be important reading for students and practitioners of counselling and psychotherapy, and will also be of value to anyone involved in helping people with a lesbian, gay or bisexual orientation. Person-Centred Therapy with Children and Young People SAGE The book is targeted at all

practitioners in the helping and enabling professions working with children and young people, especially teachers, and is essential reading for anyone undertaking training where elements of psychotherapy and counselling are requisite to practice. As well as a guide for trainees in the helping professions, the book also speaks to advancing practitioners insofar as essential elements of

the therapeutic relationship, such as containment, trust and transference, are re-cast in light of the modern challenges of working with children, especially young children. There are an increasing number of courses in the UK (and abroad) which focus on developing practitioners who are delivering early interventions for mental health issues and so The

Essentials of Counselling and Psychotherapy in Primary Schools offers a strong underpinning. This book is particularly timely in light of the government's policy emphasis on increasing MH understanding for schools. *Therapy with Children and Young People* SAGE Counselling in Schools is a practical, contemporary guide to providing effective counselling support within school

settings. Recognizing the very specific nature of this area of counselling practice and the uniqueness of every school, the authors provide a flexible framework and guidelines for working collaboratively with pupils, families and colleagues. CBT with Children, Young People and Families Bloomsbury Publishing With statutory CAMHS services often heavily oversubscribed, and school

and college services mainly offering brief therapeutic interventions, parents are increasingly turning to private practitioners for therapy for their children when they need expert emotional or psychological support. Working privately with children and families can be a rewarding experience for counsellors and psychotherapists but it can also be fraught with concerns for

both practitioners and families alike. These concerns can seem so daunting that therapists with clinical experience of therapy with children continue to limit themselves to working only in education or statutory settings. This book offers comprehensive guidance to both experienced and novice counsellors to assist them in the process of setting up or adapting their private practice to

include children and young people. It coherently and systematically addresses the obstacles which stand in the way of practitioners offering this important service effectively and ethically. The book is divided into four parts and uses case material to bring to life the areas covered by each chapter. *Relationship Counselling for Children, Young People and Families* Routledge  
This engaging

new book presents a 'child-centred' model of therapy that is thoroughly person-centred in its values. Establishing the roots of child-centred therapy in both child development theories and the Rogerian model, David Smyth demonstrates that counselling the person-centred way is exceptionally relevant to young people. The book further develops child-centred therapy

theory and practice, applying the model to real-life practice with children and young people, whether in play, school, organisations or with special needs groups. It also explores the complex professional issues so critical with this age group, including challenging boundaries, establishing an effective relationship with parents and other primary carers, legal and ethical



considerations  
, and multi-  
professional  
practice. The  
author's  
warm,  
accessible  
style conveys  
his passionate  
conviction  
that the  
person-  
centred  
approach can  
provide a  
strong  
foundation for  
child therapy  
practice. His  
book  
introduces  
humanistic  
counselling  
and  
psychotherapy  
trainees - as  
well as adult-  
trained  
therapists - to  
the particular  
requirements  
of working

with children  
and young  
people, and  
also illustrates  
the value of  
using a 'child-  
centred'  
approach for  
those who  
might already  
be working  
with children  
in mental  
health  
settings.  
Equally, this  
volume can be  
used for  
professional  
development  
in many  
disciplines  
including adult  
trained  
therapists who  
want to  
extend their  
knowledge of  
people prior to  
reaching  
adulthood.  
Counselling

Skills and  
Studies SAGE  
Based on  
action  
research  
which has  
been  
implemented  
in a primary  
school, this  
book  
emphasises  
not just  
mental health  
needs, but  
also the  
importance of  
creating a  
culture of  
inclusion for  
all pupils.  
Working with  
Children and  
Parents  
through  
Separation  
and Divorce  
SAGE  
Are your  
students  
looking to use  
counselling

skills to enhance their existing helping role or wanting to take the first steps towards becoming a professional counsellor? Well look no further! This practical guide will provide them with the ideal 'way-in', showing them what helping and counselling is all about. Part 1: Counselling Skills will introduce students to the underpinning knowledge and practical tools needed to develop a range of

helping skills for use in a variety of helping roles, showing them what it means to work safely and ethically. Part 2: Counselling Studies will help students take their understanding further by considering in detail important theories and professional issues, preparing them to work as a professional counsellor. Part 3: Counselling Study Skills will offer practical advice and

hints and tips to help students make the best start on their counselling portfolio, including journal and essay writing skills, research skills and how to get inspired and overcome blocks to their learning. Packed full of practical activities and written in a supportive conversational style, this book is essential reading for anyone wanting to learn counselling skills or

embarking on their first stage of training to be a counsellor.

**Counselling Children and Young People in Private Practice**

SAGE

This book is an indispensable guide to providing therapy services for children and adolescents in primary and secondary school settings. The contributors have extensive experience in the field and carefully examine

every aspect of the work, ranging from developing an understanding of the school context in all its complexity, through to what to say and do in challenging therapy sessions and in meetings with school staff or parents and carers.

Therapeutic Practice in Schools opens with an overview of key psychoanalytic concepts informing therapy practice. This is followed by a detailed

exploration of the hopes and anxieties raised by providing therapy in schools, the factors that either enable or impede the therapist's work and how to manage expectations as well as measure outcomes. The practical aspects of delivering therapy sessions are also covered, from the initial assessment phase through recognising and working with anxieties, defences, transference and counter-

transference to working with endings. An awareness of the impact of social identity, gender, race and culture on both the therapist and client is woven into the book and is also discussed in depth in a dedicated chapter. The manual offers a comprehensive yet highly readable guide to the complex world of school-based therapy. It provides practical examples of

how therapists translate theory into everyday language that can be understood by their young clients, ensuring that trainees starting a placement in schools, as well as therapists beginning work in the educational setting for the first time, are able to take up their role with confidence. Working with Children and Teenagers Using Solution Focused Approaches Routledge

Supporting children and families through separation and divorce is a major area of concern in contemporary society. However, it is sometimes hard for those professionals who are helping families to hear the 'voice' of the child in this process. Writing from their wide experience as clinicians working with children and families, Emilia Dowling and Gill Gorell Barnes set out in this book to

address this gap, and allow the child to be heard. Working with Children and Parents through Separation and Divorce combines research with clinical and practical approaches to working with families going through stressful changes linked to separation or divorce. Attention is given to the wider context of children's lives with the implications for general practice, schools and

other services addressed in special chapters. A focused approach to divorce related problems that takes each family member's view into account is illustrated. Combining individual and family work helps parents to resolve difficulties, enabling children troubled by parental separation to progress with their own lives. This book is essential reading for

'front line' professionals as well as specialists who encounter children and families going through this life transition in the course of their work. Counselling in Schools SAGE What is it like to work as a counsellor in schools? What relationship might a counsellor have with staff? How can a counsellor become a positive, integral part of school life? In this book, Nick Luxmoore shows how

school counsellors can make a positive difference to the whole life of the school. Rather than being a service hidden behind closed doors, he shows how to take a whole-school approach to counselling, making it a normal part of school life. The book demonstrates how staff as well as students can benefit from counselling, and how professional boundaries and relationships

can be maintained. Key therapeutic aims and how to develop the service are also covered. Drawing on over 26 years' experience as a school counsellor, Luxmoore combines vivid case material with psychotherapeutic theory to show counsellors how to provide an excellent service and make a positive contribution to the school. The book will be essential reading for

school counsellors, headteachers, teachers, and anyone interested in effective counselling in schools.

### **Parenting Matters**

Routledge  
Decades of research have demonstrated that the parent-child dyad and the environment of the family "which includes all primary caregivers" are at the foundation of children's well-being and healthy development. From birth, children are

learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge

and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today

takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information

about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and

barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a

roadmap for the future of parenting policy, research, and practice in the United States. Counselling Adolescents Jessica Kingsley Publishers This book describes an innovative approach to therapeutic work which builds on the strengths of children and their parents. Helping clients to focus on potential solutions rather than problems can be a powerful means of engaging them in the



therapeutic process.  
*Counselling Children with Special Needs*  
SAGE

This resource explains the difference between counseling and counseling skills, and reviews how mental health issues affect children's behavior, self-esteem, motivation, and achievement.

*Counselling Couples and Families*

Routledge  
This book is the ideal introduction to counselling and

supporting children and young people. Taking a person-centred approach, Mark Prever offers readers a clear understanding of the theory and practice of working with children and young people in difficulty - whether in a therapeutic, school or social work setting. This practical text: - specifically addresses both the counsellor and the 'helper', who may be unfamiliar with

counselling jargon - contains exercises, points for further thought and discussion, and boxed notes throughout, highlighting exactly how the theory applies to the child or young person - discusses ethics, the current political agenda and evidence-based practice. This book is a must-read for trainees and professionals working with children and young people

in the fields of counselling and psychotherapy, education, mental health, nursing, youth work and social work.

Essential Research Findings in Child and Adolescent Counselling and Psychotherapy

Jessica

Kingsley

Publishers

This is a guidebook to help children who: are insecure or worry too much; suffer from phobias or nightmares; find it difficult to concentrate to let go and

have fun; have suffered a trauma; are worryingly good or seem like little adults; use order and routine as a way of coping with 'messy' feelings; retreat into dullness as a way of managing their being in the world; and, develop obsessive-compulsive behaviour in order to ward off their too-powerful feelings.

**Counselling Pupils in Schools** SAGE  
In Scotland, the effect of HIV and AIDS

on children and families has been of central concern since the early days of the epidemic, and a large body of experience and expertise has now been built up in working with children and families in this difficult area. This work brings together the experiences of a range of people who work on a day-to-day basis supporting children and families affected by HIV and AIDS. This work offers insights

into the role of social work, play therapy, family placement, residential care and bereavement counselling in supporting children and their families. The descriptions of their work are intended to contribute to a more widespread development of innovative and sensitive practice.

**Supporting Mental Health in Primary and Early Years**

Psychology Press

This book explores the

child's understanding of their body and illness. How to communicate with children, prepare them for treatment and tackle problems relating to the child's care are covered in depth.

Counselling and Supporting Children and Young People  
SAGE

This landmark handbook brings together the fundamentals of counselling children and young people theory, research, skills and

practice. It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive, accessible and jargon-free. Divided into four parts, it covers: theory and practice approaches, including chapters on child development, person-centred, psychodynamic, CBT, Gestalt approaches, and more counselling process, including chapters on

the therapeutic relationship, skills, groupwork, supervision practice issues, including chapters on law and policy, ethics, diversity, challenging behaviour practice settings, including chapters on health and social care settings, school and education, multi-agency

and collaboration. Each chapter includes a chapter introduction and summary, reflective questions and activities, helping trainees to cement their learning. With chapters contributed by leading experts and academics in the field, this book is essential reading for trainees and practitioners

working with children and young people. Counselling and Supporting Children in Distress SAGE This practical guide to communicating with children stresses the importance of learning to listen. Contributors give accounts of their work in education, social services, health, law and voluntary organizations.