



# Six Key Approaches to Counselling and Therapy

*Richard Nelson-Jones*

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**Six Key Approaches to Counselling and Therapy** Richard Nelson-Jones

'This excellent book contains information about six key therapeutic approaches. **Six Key Approaches to Counselling and Therapy** gives the reader a good understanding of the therapeutic approach in question. This book may well become a key text of counsellor training programmes' - *Counselling Psychology Review*

'Although designed as a text book, this introduction to the main schools and methods of psychotherapy is one of the most engaging pieces of psychological theory I have ever encountered. I was initially skeptical, having found similar books both narrow and hard work, conceptually. Due to the fact I have never studied the fundamentals of psychology and therapy, I have often found secondary source material too high level, presuming prior knowledge, and therefore it was useless to me. This book changed that, profoundly. The chapters on Jung and Rogers were both lucid and interesting, and gave me a keen insight into the fundamentals of their theories and the processes of therapy based upon them. However, what truly threw me was the excellence of the chapter on Gestalt therapy. I cannot put into words to how inspirational this section was' - *Amazon Review*

'Richard Nelson-Jones's achievement is to make accessible to the interested reader in one chapter the complexity of Jung's metapsychology' - *Ann Casement, Jungian Psychoanalyst*

'Excellent. A lively introduction to person-centred therapy' - *Professor Brian Thorne, Director, Centre for Counselling Studies, University of East Anglia*

'A very clear, accurate and thorough introduction to person-centred therapy' - *Professor Petruska Clarkson, PHYSIS and University of Surrey*

'I find the chapter on REBT to be excellent' - *Dr Albert Ellis, President, Albert Ellis Institute for Rational Emotive Behaviour Therapy, New York City*

'Clear, thorough... succinctly summarizes CT's most important concepts and principles' - *Dr Judith S Beck, Director, Beck Institute for Cognitive Therapy and Research, Philadelphia*

This is an authoritative and accessible textbook for use on introductory courses in the theory and practice of counselling and therapy. It presents two approaches from each of the three main schools of contemporary therapy practice:

} the psychodynamic school- Freud's psychoanalysis and Jung's analytical therapy

} the humanistic school - person-centred and Gestalt therapy; and

} the cognitive-behavioural school - rational-emotive behaviour therapy and cognitive therapy.

In addition, the book discusses the structure and functions of theories, reviews issues in evaluating therapeutic approaches, and contains a glossary.

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