



An Introduction to Counselling and Psychotherapy

Andrew Reeves

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. . . This book is an authoritative introduction to everything you need to know to become a professional therapist. It takes you through the entire therapeutic process, introducing the theory and applying it to real-life practice. Drawing on years of experience as a counselling practitioner and researcher, Andrew Reeves links counselling and psychotherapy theory to the development of appropriate skills, and locates it within the context of therapeutic practice today. Engagingly and accessibly written, the book is packed with learning features including - Chapter Overviews, Summaries and a Glossary -helping you navigate the book and get the most out of it - Discussion Points, 'Skills Practice' and 'Pause for Reflection' sections, helping you critically engage with and reflect on what you have learned - Case Studies and scenarios, helping you apply key ideas in practice across settings and modalities - Indicated Further Reading and Important Websites - supporting your continued learning. This groundbreaking textbook represents a benchmark in understanding - and applying - the principles and practice of counselling and psychotherapy. It's accompanied by a companion website featuring a wealth of chapter-by-chapter resources for both students and lecturers to use alongside the book. From extended case studies through to web resources, links and PowerPoint presentations, these extra resources will help aid and enhance your learning and understanding. Andrew Reeves is a counsellor at the University of Liverpool and Editor of Counselling and Psychotherapy Research journal.

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