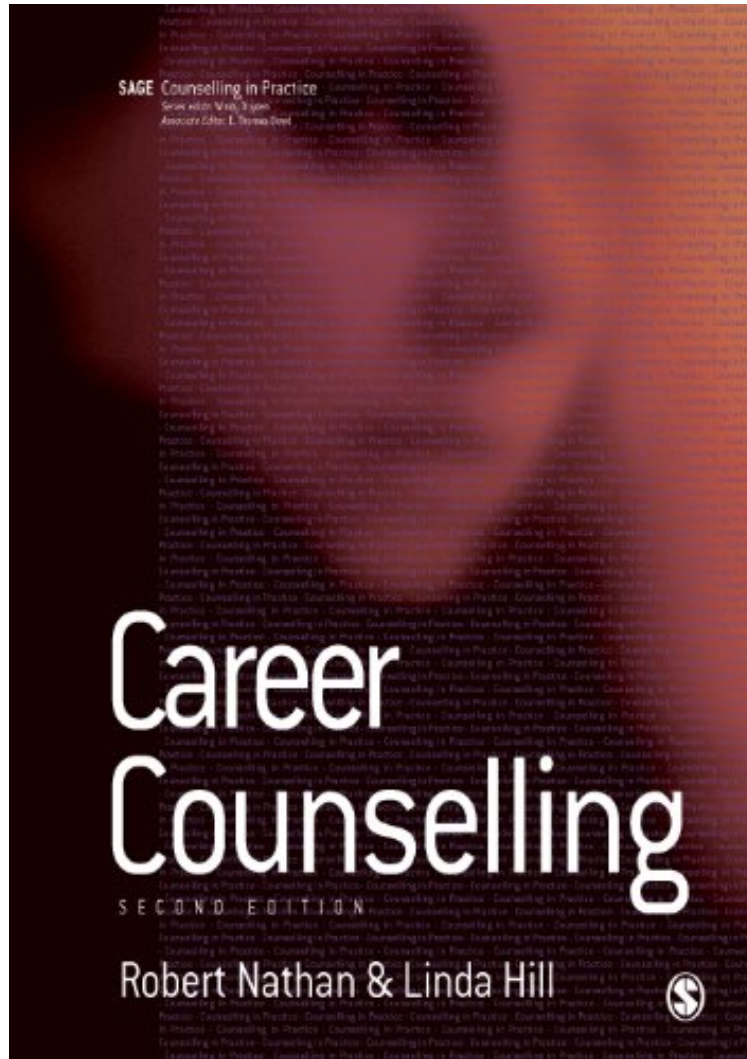


[Ebook free] Career Counselling (Therapy in Practice)

## Career Counselling (Therapy in Practice)

*Robert Nathan, Linda Hill Estate*  
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**Robert Nathan, Linda Hill Estate : Career Counselling (Therapy in Practice)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Career Counselling (Therapy in Practice):

1 of 1 people found the following review helpful. Beginners to CounsellingBy CCI found this book an excellent starting point for someone who is new to career counselling. The theories and ideas presented were helpful and easy to follow. The format of the book is really easy to use. The author uses lots of examples and also a neat summary of each chapter.

Praise for the First Edition: For those of you who wonder if the counselling approach is of much use for career guidance, this book should be informative. The importance of working with insight into client feelings is exemplified by insights into the need to address and work through feelings so that blocks to career interest and good decision-

making can be overcome... The book outlines basic counselling skills and more complex ones and many straightforward exercises; ways of generating career options; career drivers and satisfiers; decision-making exercises; and guidelines for investigating careers... This text has made me more aware of the importance of thinking in terms of counselling and group counselling in the work I do relating to careers' - Guidance Matters Career counselling is often mistakenly described as giving people advice on finding the best career path. This fully revised and updated second edition of Career Counselling explains what career counselling actually is, why people seek it, and indicates the many contexts where it is used. It describes in detail the skills, tools and techniques of career counselling, useful to both professional career counsellors and those for whom career counselling is just part of their work. This practical guide examines the issues typically brought to career counselling, and includes a completely new chapter on the role of career counselling within organisations. Other areas covered include: the dilemmas of independent and in-house career counsellors; screening and contracting; ways of facilitating decision-making and managing 'blocks' of self-management and continuing professional development. Career Counselling, Second Edition stresses the importance of adopting a 'whole person' approach whilst maintaining a career focus. Illustrated throughout by case studies from the authors' experience, the book draws on approaches ranging from the humanistic work of Carl Rogers to solution-focused counselling. The book contains an invaluable resources section and includes a brand new appendix containing photocopiable exercises which practitioners and their clients can use in conjunction with their counselling sessions. Robert Nathan is Managing Director of Career Counselling Services, London.

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About the Author Robert Nathan (1894 1985) was born in New York City and educated at private schools in the United States and Switzerland. While attending Harvard, where he was a classmate of E. E. Cummings, he was an editor of the "Harvard Monthly", in which his first stories and poems appeared. After becoming a full-time writer, Nathan's work strengthened his reputation with both the public and peers. F. Scott Fitzgerald once referred to Nathan as his favorite writer. Five of his novels have been made into films, including "Portrait of Jennie" and "The Bishop's Wife". Nathan ultimately authored more than fifty volumes of novels, poetry, and plays, and from this body of distinguished work he acquired a reputation as a master of satiric fantasy.