



Counselling and the Life Course (Professional Skills for Counsellors Series)

Leonie Sugarman

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`Essential reading for student, fledgling and experienced counsellors alike' - *Mark Edwards, Nurturing Potential*

`Beautifully written and well researched and full of useful structured exercise for therapists and clients, this is a combination of psychology textbook and counselling handbook - theoretical a, yet practical' - *Healthcare Counselling and Psychotherapy Journal*

Counselling and the Life Course introduces counsellors to the concept of the life course as a multidimensional and multidisciplinary framework for thinking about clients' lives within and beyond the counselling setting. It aims to give counsellors an understanding of human development, and how it impacts practically upon their work with clients.

The book engages with the tension between, on the one hand, recognizing age and life stage as important dimensions of difference, and on the other, avoiding the pitfalls of age stereotyping and ageist discrimination. At the same time, **Counselling and the Life Course** shows how the concept of the life course can be used as a framework for considering the commonalities between different life stages. This provides a focus for counsellors of how to draw on their existing skills and expertise when working with clients of a different age and life stage to those with whom they generally meet. The impact of both counsellor and client age on the counselling relationship is also considered.

The book includes an `Activity Trail' of structured exercises in order to encourage reflection on the concepts discussed and their relevance to clients, the readers themselves, and their counselling practice.

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From reader reviews:

Graciela Johnson:

Now a day individuals who Living in the era exactly where everything reachable by match the internet and the resources inside can be true or not need people to be aware of each details they get. How individuals to be smart in receiving any information nowadays? Of course the solution is reading a book. Reading through a book can help people out of this uncertainty Information specifically this Counselling and the Life Course (Professional Skills for Counsellors Series) book as this book offers you rich data and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it everbody knows.

Frederick Rothman:

People live in this new moment of lifestyle always attempt to and must have the free time or they will get great deal of stress from both lifestyle and work. So , when we ask do people have free time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, often the book you have read is Counselling and the Life Course (Professional Skills for Counsellors Series).

Essie Ryan:

Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you might have done when you have spare time, subsequently why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Counselling and the Life Course (Professional Skills for Counsellors Series), you may enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

Beulah Chavez:

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