

## **Practical counselling and helping skills : text and ativities for the lifeskills counselling model / Richard Nelson-Jones**

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### **Abstrak**

#### **Summary:**

This sixth edition of Richard Nelson-Jones' bestselling book is a step-by-step guide to using counselling and helping skills with confidence and proficiency. The author's three-stage model of counselling is designed to facilitate developing lifeskills in clients and to help them to change how they feel, think, communicate and act.