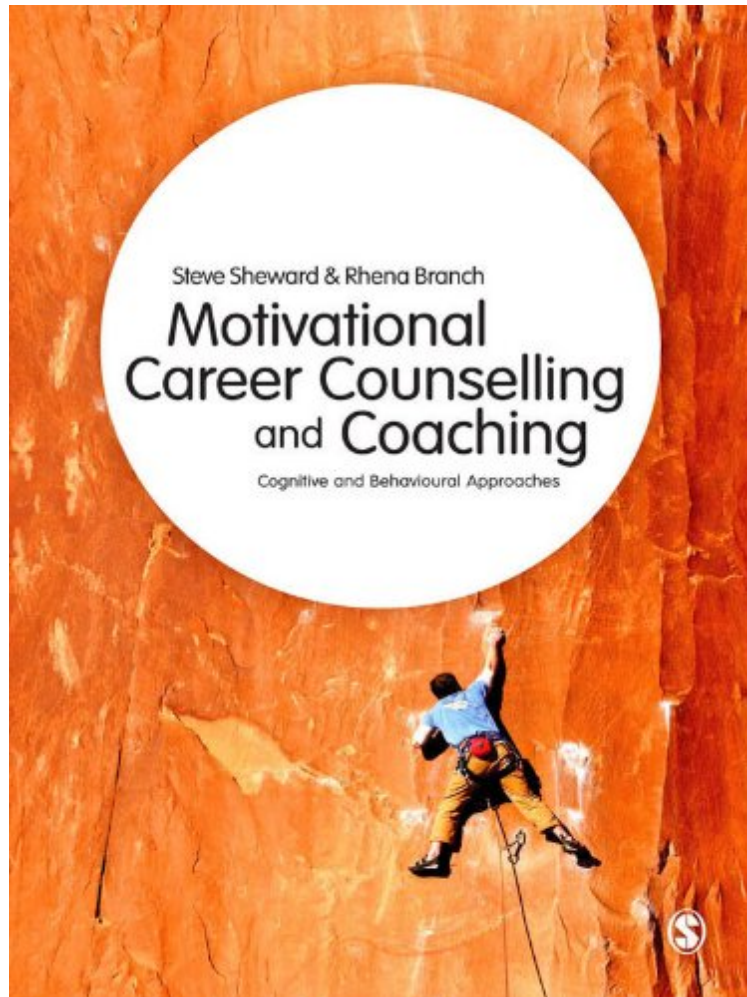


Motivational Career Counselling Coaching: Cognitive and Behavioural Approaches

Steve Sheward, Rhena Branch

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Steve Sheward, Rhena Branch : Motivational Career Counselling Coaching: Cognitive and Behavioural Approaches before purchasing it in order to gauge whether or not it would be worth my time, and all praised Motivational Career Counselling Coaching: Cognitive and Behavioural Approaches:

0 of 0 people found the following review helpful. Love it! By Arleen E. Correa Sierra Love it, it's a perfect book for those who are in Coaching and Counseling at the same time. Very easy to understand.

Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients? This book is for you. It is the first to combine the theory practice of CBT with career counselling, presenting cognitive behavioural approaches to help clients think act more effectively in challenging situations in order to obtain their

goals. Providing clear, practical strategies a wealth of materials that can be used with clients in one-to-one or group settings, the book introduces: - theory of cognitive behavioural psychological approaches within the context of career counselling-motivational techniques to help clients succeed at interview-how to help clients make effective vocational/educational choices excel in the workplace-professional issues i.e., assessment tools, ethical issues, evaluation-self-management, using CBT techniques on yourself.This is essential reading for trainees studying for a careers guidance qualification, as well as CBT trainees wishing to go on to career counselling. Steve Sheward is a Careers Counsellor CBT Therapist working in the NHS. He was previously director of the Connexions Service in South London.Rhena Branch is an experienced CBT Therapist author, teaching the MSc in RECBT at Goldsmith's University.

'This book lives up to its billing. It adds to the literature on CBT and careers counselling and will benefit practitioners in both fields' - Windy Dryden, Professor of Psychotherapeutic Studies and Programme Co-ordinator of the MSc in Rational-Emotive and Cognitive Behaviour Therapy, Goldsmiths, University of London 'As first a careers practitioner, then educator/trainer of careers counsellors for over 25 years, I was constantly searching for books that provided high quality, interesting and (above all) practical exercises that I could implement in my practice. These were always hard to come by - especially for the specialist subject area of careers. This book provides these and a lot more. In addition to the numerous exercises that are both easy to understand and would be easy to implement, this book (importantly) places them within a credible and coherent theoretical framework. This alone, would be sufficient to make it worthy of recommendation, but in addition, it provides case study scenarios that illustrate how, when and why these exercises could be useful. CBT represents a new and innovative approach for career practitioners. The authors provide compelling arguments for the value of integrating this approach within career practice, with chapters focusing specifically on clients with different needs across a range of career-related contexts. Particular strengths of the book, in my view, are the final three chapters on reflective practice, ethical issues and self-care. Under constant and increasing pressure to delivery high quality services, practitioners can often neglect their own professional and personal needs. These chapters provide a timely reminder of these essential components of effective and efficient professional career practice. Overall, the authors are to be congratulated on having produced a book that successfully combines theory, practice and research, in parallel with introducing an innovative, evidence-based approach that has considerable potential to enhance the quality of services' - Jenny Bimrose, Warwick Institute for Employment Research prime;This book lives up to its billing. It adds to the literature on CBT and careers counselling and will benefit practitioners in both fieldsprime; - Windy Dryden, Professor of Psychotherapeutic Studies and Programme Co-ordinator of the MSc in Rational-Emotive and Cognitive Behaviour Therapy, Goldsmiths, University of London prime;As first a careers practitioner, then educator/trainer of careers counsellors for over 25 years, I was constantly searching for books that provided high quality, interesting and (above all) practical exercises that I could implement in my practice. These were always hard to come by - especially for the specialist subject area of careers. This book provides these and a lot more. In addition to the numerous exercises that are both easy to understand and would be easy to implement, this book (importantly) places them within a credible and coherent theoretical framework. This alone, would be sufficient to make it worthy of recommendation, but in addition, it provides case study scenarios that illustrate how, when and why these exercises could be useful. CBT represents a new and innovative approach for career practitioners. The authors provide compelling arguments for the value of integrating this approach within career practice, with chapters focusing specifically on clients with different needs across a range of career-related contexts. Particular strengths of the book, in my view, are the final three chapters on reflective practice, ethical issues and self-care. Under constant and increasing pressure to delivery high quality services, practitioners can often neglect their own professional and personal needs. These chapters provide a timely reminder of these essential components of effective and efficient professional career practice. Overall, the authors are to be congratulated on having produced a book that successfully combines theory, practice and research, in parallel with introducing an innovative, evidence-based approach that has considerable potential to enhance the quality of servicesprime; - Jenny Bimrose, Warwick Institute for Employment Research