



Practical Counselling and Helping Skills: Text and Exercises for the Lifeskills Counselling Model

Richard Nelson-Jones

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A revised and expanded edition of this text which presents the component skills for DASIE, a systematic five-stage model for assisting clients to develop specific lifeskills. There are 87 exercises incorporated in the book, and the approach is user-friendly. The main focus of the book is on counselling individuals, with particular attention to developing good counselling relationships and clarifying problems. There is an Anglo-Australian emphasis in the data and research findings in the book, which provides a comprehensive source of counselling skills for trainers, students and practitioners in the helping services.

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