
AN INTEGRATIVE
APPROACH

PERSONAL
Counseling
SKILLS

ABOUT THE AUTHORS

Doctor Kathryn (Kitty) Geldard initially worked at the Phipps Clinic at the Johns Hopkins University Hospital in Baltimore where she was involved in the assessment and treatment of psychiatrically disturbed adolescents and their families. Since then she has had many years of clinical experience as a child, adolescent and family therapist working in both mental health settings and in private practice. She is currently a full-time academic in the School of Psychology and Counselling at the Queensland University of Technology in Brisbane, Australia, where she is responsible for the supervision of the clinical practice and research of post-graduate students. She is currently carrying out research aimed at reducing suicide by Aboriginal adolescents in Australia.

David Geldard is a experienced counseling psychologist who is highly regarded in his profession as a supervisor and trainer of both probationary and experienced psychologists. For many years he has worked in both community health and mental health settings while also running a private practice. He uses an integrative approach to counseling enabling him to take advantage of major therapeutic approaches. Much of his work has involved personal and relationship counseling of adults, adolescents, and children. He has extensive experience in running training programs in counseling skills.

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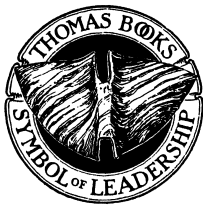
PERSONAL
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By

KATHRYN GELDARD

and

DAVID GELDARD



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PREFACE

This book is a comprehensive, easy-to-read introduction to personal counseling written for professional and volunteer counselors and those who train them. It is also a valuable resource for workers in a wide variety of helping professions where counseling skills are useful such as in psychology, social work, welfare work, medicine, nursing, education, and human services.

Chapters describing basic and more advanced counseling skills are arranged in a sequence which is particularly suitable when teaching student counselors to learn and practice using these skills for the first time. Also of considerable value for new counselors are those sections of the book which describe the fundamental principles of counseling and the counseling relationship, and explain the theories of change applicable to the various approaches to counseling.

The book adopts an integrative approach which allows the reader to learn, understand, and use skills taken from major counseling approaches, and to integrate these into a sequential process which maximizes the possibility of facilitating change in the client.

The book provides the reader with:

- A highly practical integrative approach to counseling.
- Discussion of the specific skills required for successful counseling and practical suggestions on ways to learn and develop new skills.
- Numerous examples of useful dialogue to illustrate the real experience of counseling and to use in counseling situations.
- Ways of managing particular counseling situations involving angry, depressed, grieving, or suicidal clients.
- An understanding of the role of a counselor's supervisor, methods of supervision, and a discussion of how supervision is essential in helping counselors provide optimal service for their clients.

- Information on practical counseling issues such as keeping records, arrangement of the counseling room, and ways to look after yourself as a counselor.
- Practical information on issues of confidentiality and professional ethics.
- Key statements highlighted throughout the book for ease of reference.

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Part I

COUNSELING—AN OVERVIEW

Chapter 1

WHAT IS COUNSELING?

We, Kathryn and David Geldard, are a husband and wife team who have worked together for many years as counselors, trainers, and authors. As we started to write this book we asked ourselves the question, “What is counseling?” When we thought about this question we realized that counseling is just one way of helping people, but it is a special way which involves the use of particular skills for specific purposes.

There are many different ways of helping other people. Perhaps the most common of these involves giving others practical help. In our society there are many individuals who spontaneously help others in this way. Additionally, there are others who belong to organizations which have been set up to provide help to specific groups such as the elderly, the disabled, and those with serious or mental health problems. Most importantly, there are many professions such as nursing, occupational therapy, and social work which involve professionals who are trained to provide and/or organize practical help for others.

While helping other people in a practical way many volunteer and professional helpers also make use of some counseling skills. Using these skills can be very useful in enabling people to feel better as described in our book, *Counseling Skills in Everyday Life* (Geldard and Geldard, 2003). However, it needs to be recognized that just being able to make use of some counseling skills does not qualify a person as a counselor.

Counselor Training

In order to qualify as a counselor, a person needs to complete an