The Handbook of Counselling Children and Young People

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This landmark handbook brings together the fundamentals of counselling children and young people theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive, accessible and jargon-free. Divided into four parts, it covers:
- theory and practice approaches, including chapters on child development, person-centred, psychodynamic, CBT, gestalt approaches, and more
- counselling process, including chapters on the therapeutic relationship, skills, groupwork, supervision
- practice issues, including chapters on law and policy, ethics, diversity, challenging behaviour
- practice settings, including chapters on health and social care settings, school and education, multi-agency and collaboration.

Each chapter includes a chapter introduction and summary, reflective questions and activities, helping trainees to cement their learning. With chapters contributed by leading experts and academics in the field, this book is essential reading for trainees and practitioners working with children and young people.

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60 SECONDS WITH SUE PATTISON

What do you think makes your book unique?

This is the only comprehensive Handbook for counsellors, trainees and trainers working in the field of counselling children and young people that is linked to high quality online resources developed by BACP. The book is designed to provide essential reading for all counselling trainees and a guide to curriculum for the trainers. Any counsellor working with children and young people, or aspiring to work with this client group, will be able to refer to the Handbook and use it to contribute to their CPD.

What do you think are most important issues in counselling and psychotherapy / CYP at the moment?

The main challenges are around improving the quality and provision of support for the mental health of children and young people. Statistics show that the suicide rate is rising and children and young people's levels of wellbeing are falling. The quality of counsellor training and the evidence base required to ensure effective provision are both issues addressed in this book. Each chapter provides references to research and the evidence base, further supplemented through links to the BACP/NHS MindEd e-learning resources.

What do you think is the best thing about your book?

By far, the unique contributions each author has made. Each author is an expert in their field and has their own approach to the chapter topics, which makes for overlap in places, but with a different perspective in each case. The book invites the reader in, holds their attention and entices them to read further with flavours of approaches to counselling children and young people perhaps new to them and insights into topics that stimulate and leave the reader wanting more.

What advice would you give to a counsellor who wants to work with children and young people?

This is great! Read the Handbook, then find a good training course offering a specialised qualification in counselling children and young people. And go for it! The work is hard but immensely satisfying and the training will challenge you. However, there is a lack of good, specialist trained counsellors working with children and young people, therefore your efforts will pay off.