



Theory and Practice of Counselling & Therapy

Richard Nelson-Jones

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'Richard Nelson-Jones' book has become so much a part of the counselling theory literature; it is hard to imagine discussing the topic without reference to it. This **Third Edition** gives testimony to its continued value. It is hard to fault this book, its readability and detailed referencing, alone, will mean that it will suit a wide readership. If you have to buy only one book on counselling and therapy, this is it' - **Professor Philip Burnard, Journal of Psychiatric and Mental Health Nursing**

'Richard Nelson-Jones takes this complex subject and explains the whys and hows of each different type of therapy about as well as it can be done. There is no better introduction' - **Amazon Review**

'This book will be useful to the student, one book to cover all the course topics; to the practicing counsellor, to improve their work and to the lecturer, who wants to learn how to explain theories simply to their students. Richard Nelson-Jones writes in a way that makes it hard to put down, a compliment more often associated with fictional rather than academic books. Do not worry about the price it will save you buying three other similar books' - **Amazon Review**

'The complexity of Jung's metapsychology is made accessible to the interested reader' - **Ann Casement, Jungian Psychoanalyst**

'Excellent summary of Rogers's life and work. A lively introduction to person-centred therapy' - **Brian Thorne, Director of Centre for Counselling Studies, University of East Anglia**

'A very clear, accurate and thorough introduction to basic gestalt therapy' - **Petruska Clarkson, PHYSIS and Surrey University**

'The TA chapter is accurate and conveys the spirit of the classical approach very well'- **Ian Stewart, Director, The Berne Institute**

'The reality therapy chapter is thorough, accurate and really excellent' - **Robert Wubbolding, Director, Center for Reality Therapy, Cincinnati, Ohio**

'The existential therapy chapter is an excellent job... lucid and intelligent' - **Irvin D Yalom, Stanford University Medical School**

'I read the logotherapy chapter with delight... exhaustive and readable' - **Franz Vesley, Viktor Frankl Institute, Vienna**

`Again I find the chapter on REBT to be excellent'- **Albert Ellis, President, Institute for Rational Emotive Behavior Therapy, New York City**

`Clear, thorough and succinctly summarizes CT's most important concepts and principles' - **Judith S Beck, Director, Beck Institute for Cognitive Therapy and Research, Philadelphia**

`The multimodal therapy chapter is a scholarly and masterful account of the orientation' - **Arnold A Lazarus, Rutgers University**

`Cognitive-humanistic therapy is a truly innovative synthesis of East and West' - **Danny Wedding, Director, Missouri Institute of Mental Health**

This highly regarded textbook reviews the major theories of counselling and psychotherapy and explains their practical applications in working with individual clients. After introducing the topic, the book reviews the theory and practice of: person-centered counselling, Gestalt therapy, transactional analysis, reality counselling, existential counselling, logotherapy, psychoanalysis, behavioural counselling, cognitive counselling, multimodal counselling and life-skills counselling.



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