



# **Skills in Counselling and Psychotherapy with Children and Young People (Skills in Counselling & Psychotherapy Series)**

*Lorraine Sherman*

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As interest and training in counselling children and young people continues to grow, it is essential that counsellors are equipped with the skills to work with this client group. In this book, Lorraine Sherman draws on her years of experience in the field to provide a practical resource for qualified and trainee counsellors, providing them with the necessary skills to ensure best practice with children and young people.

Distinguishing between working with young children and with adolescents, skills covered include:

- establishing a therapeutic relationship
- assessing a young client
- contracting
- counselling practice
- understanding and maintaining confidentiality and disclosure

Using case studies and examples to help demonstrate skills in action, this is essential reading for anyone planning to become or already engaged in the helping professions with young people.

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