



Counselling Skills in Everyday Life

Kathryn Geldard, David Geldard

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Most of us find ourselves listening to other people's problems at some time or another - either our friends' or, in the course of our work, patients, pupils, clients, colleagues. This book, written clearly in user friendly language, takes the reader step by step through a range of skills to help them become a better listener, communicator and helper in their everyday lives, progressing from inviting the person to talk to ending a helping conversation.

Using plenty of examples, tips, exercises and sample conversations, the authors show how the skills described can be easily learned and can fit comfortably into everyday life.

This book is essential reading for everyone interested in improving their communication and helping skills as well as those students taking introductory courses in counselling and counselling skills.

KATHERYN GELDARD is a Child and Family Therapist and a visiting lecturer at the Queensland University of Technology, Australia.

DAVID GELDARD is a Counselling Psychologist. Together they are the authors of several books on counselling. They jointly manage a counselling practice where they specialise in working with children, adolescents, and their families. They also run training programmes for helping professionals who wish to enhance their counselling skills.

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