

Counselling 2: Basic Counselling Skills and Theory Across Individual and Group Situations (Year 2016-2017)

[View Online](#)

American Psychological Association. n.d. 'Group Dynamics: Theory, Research and Practice'.

———. n.d. 'Journal of Counseling Psychology'.

Arrow, Holly, Joseph E. McGrath, and Jennifer L. Berdahl. 2000. *Small Groups as Complex Systems: Formation, Coordination, Development, and Adaptation*. Thousand Oaks, Calif: Sage.

Ashmore, Russell, and David Banks. 2004. 'Student Nurses' Use of Their Interpersonal Skills within Clinical Role-Plays'. *Nurse Education Today* 24 (1): 20-29.
[https://doi.org/10.1016/S0260-6917\(03\)00118-7](https://doi.org/10.1016/S0260-6917(03)00118-7).

Balmforth, Jane. 2009a. "'The Weight of Class': Clients' Experiences of How Perceived Differences in Social Class between Counsellor and Client Affect the Therapeutic Relationship'. *British Journal of Guidance & Counselling* 37 (3): 375-86.
<https://doi.org/10.1080/03069880902956942>.

———. 2009b. "'The Weight of Class': Clients' Experiences of How Perceived Differences in Social Class between Counsellor and Client Affect the Therapeutic Relationship'. *British Journal of Guidance & Counselling* 37 (3): 375-86.
<https://doi.org/10.1080/03069880902956942>.

Banister, Peter. 2011. *Qualitative Methods in Psychology: A Research Guide*. 2nd edition. Buckingham: Open University Press.
<https://ebookcentral.proquest.com/lib/tees/detail.action?docID=893040>.

Barnes, Bill, Sheila Ernst, and Keith Hyde. 1999a. *An Introduction to Groupwork: A Group-Analytic Perspective*. Vol. Basic texts in counselling and psychotherapy. Basingstoke: Macmillan.

———. 1999b. *An Introduction to Groupwork: A Group-Analytic Perspective*. Vol. Basic texts in counselling and psychotherapy. Basingstoke: Macmillan.

Baron, Robert S., and Norbert L. Kerr. 2003. *Group Process, Group Decision, Group Action*. 2nd ed. Vol. Mapping social psychology. Buckingham: Open University Press.

Bennett, Michael. 2004. *Purpose of Counselling and Psychotherapy*. Palgrave Macmillan.

Bion, Wilfred R. 1989. *Experiences in Groups: And Other Papers*. London: Routledge.

- Bond, Tim. 2015. Standards and Ethics for Counselling in Action. 4th ed. Vol. Counselling in action. London: SAGE.
- British Association for Counselling and Psychotherapy. n.d. 'Counselling and Psychotherapy Research'.
- 'British Journal of Guidance and Counselling'. n.d.
- British Psychological Society. n.d. 'Counselling Psychology Review'.
- Brown, Rupert. 2019. Group Processes: Dynamics within and between Groups. Third edition. Hoboken, New Jersey: John Wiley & Sons, Inc.
- Capuzzi, Dave. 2002. Approaches to Group Work: A Handbook for Practitioners. Upper Saddle River, N.J.: Merrill/Prentice Hall.
- 'Clinical Psychology and Psychotherapy'. n.d.
- 'Cognitive Behaviour Therapy'. n.d.
- Comer, R. 2021a. Abnormal Psychology. 11th ed.
- . 2021b. Abnormal Psychology. 11th ed.
- Corey, Gerald. 2011. Theory and Practice of Group Counseling. 9th ed. Belmont, Calif: Brooks/Cole Cengage Learning.
- . 2014. Group Techniques. 4th edition. Australia: Thomson / Brooks/Cole.
<http://www.vlebooks.com/vleweb/product/openreader?id=Teesside&isbn=9781473713482>.
- . 2016a. Theory and Practice of Counseling and Psychotherapy. 10th ed. Brooks/Cole Cengage Learning.
<http://www.vlebooks.com/vleweb/product/openreader?id=Teesside&isbn=9781473744585>.
- . 2016b. Theory and Practice of Group Counseling. 9th edition. Belmont, CA.: Thomson/Brooks/Cole.
- . 2016c. Theory and Practice of Group Counseling. 9th international edition. Belmont, CA.: Thomson/Brooks/Cole.
- Corey, Marianne Schneider, and Gerald Corey. 2013. Groups: Process and Practice. 9th edition. Southbank, Vic: Thomson Brooks/Cole.
- . 2017. Groups: Process and Practice. 10th ed. Southbank, Vic: Thomson Brooks/Cole.
- Costigan, Lucy. 2004. Social Awareness in Counselling: A Critique of Mainstream Counselling from a Feminist Counselling, Cross-Cultural Counselling, and Liberation Psychology Perspective. New York: iUniverse, Inc.

Cottrell, Stella. 2023a. *Critical Thinking Skills: Effective Analysis, Argument and Reflection*. Fourth edition. London: Bloomsbury Academic.

———. 2023b. *Critical Thinking Skills: Effective Analysis, Argument and Reflection*. Fourth edition. London: Bloomsbury Academic.

'Counselling Psychology Quarterly'. n.d.

Cutcliffe, John R., and Renay Bajkay. 2009. 'Transposing Yallom: Recognizing and Understanding Group Dynamics in a Canadian Online Diploma in Psychiatric Nursing'. *Nurse Education Today* 29 (1): 128–35. <https://doi.org/10.1016/j.nedt.2008.08.001>.

Dallos, Rudi. 2006. *Attachment Narrative Therapy: Integrating Systemic Narrative and Attachment Approaches*. Maidenhead: Open U.P.

Denzin, Norman K., and Yvonna S. Lincoln. 2018. *The SAGE Handbook of Qualitative Research*. 5th edition. Thousand Oaks CA.: Sage Publications.

Deurzen, Emmy Van. 2005. *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. Palgrave Macmillan.

Douglas, Barbara, Ray Woolfe, and Sheelagh Strawbridge. 2016. *Handbook of Counselling Psychology*. 4th ed. London: SAGE.

Dryden, Windy. 2013. *Handbook of Individual Therapy*. 6th edition. London: SAGE Publications Inc,US.
<http://www.vlebooks.com/vleweb/product/openreader?id=Teesside&isbn=9781446296233>.

Egan, Gerard. 2010. *Exercises in Helping Skills: A Manual to Accompany the Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping*. Belmont, Calif: Brooks/Cole Cengage Learning.

———. 2018a. *The Skilled Helper: A Problem-Management & Opportunity-Development Approach to Helping*. 11th ed. Cengage Learning.

———. 2018b. *The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping*. 11th edition. Belmont, Calif: Brooks/Cole Cengage Learning.

Egan, Gerard, and Robert J. Reese. 2021. *The Skilled Helper: A Client-Centred Approach*. Third EMEA edition. Australia: Cengage.

Feltham, Colin. 1999a. *Understanding the Counselling Relationship*. Vol. Professional skills for counsellors. London: SAGE.
<https://ebookcentral.proquest.com/lib/tees/detail.action?docID=1024008>.

———. 1999b. *Understanding the Counselling Relationship*. Vol. Professional skills for counsellors. London: SAGE.
<https://ebookcentral.proquest.com/lib/tees/detail.action?docID=1024008>.

Feltham, Colin, and Windy Dryden. 2006. *Brief Counselling: A Practical, Integrative*

Approach. 2nd ed. Maidenhead: Open U.P.

<https://ebookcentral.proquest.com/lib/tees/detail.action?docID=287796>.

Feltham, Colin, and Ian Horton. 2017. *The SAGE Handbook of Counselling and Psychotherapy*. 4th ed. London: SAGE.

Flick, Uwe. 2022a. *An Introduction to Qualitative Research*. 7th edition. Los Angeles: SAGE.

———. 2022b. *An Introduction to Qualitative Research*. 7th edition. Los Angeles: SAGE.

Gladding, Samuel T. 2019. *Groups: A Counseling Specialty*. 8th ed. Upper Saddle River, N.J.: Merrill.

Goodley, Dan. 2005. *Disability and Psychology: Critical Introductions and Reflections*. Basingstoke: Palgrave Macmillan.

<https://ebookcentral.proquest.com/lib/tees/detail.action?docID=4763150>.

Graham, J., O. Manor, and S. Wiseman. 2007. 'Introducing Humanistic Group Counselling for Somatisation in a Primary Care Practice: Preliminary Findings'. *Counselling and Psychotherapy Research* 7 (4): 220–26. <https://doi.org/10.1080/14733140701718420>.

'Group Processes and Intergroup Relations'. n.d.

Heron, John. 2001. *Helping the Client: A Creative Practical Guide*. 5th ed. London: SAGE. <https://ebookcentral.proquest.com/lib/tees/detail.action?docID=370504>.

Hough, Margaret. 2021. *Counselling Skills and Theory*. Fifth edition. London: Hodder Education.

Jenkins, Peter. 2007. *Counselling, Psychotherapy and the Law*. 2nd ed. Vol. Professional skills for counsellors. Los Angeles, Calif: SAGE.

Johnson, David W., and Frank P. Johnson. 2016a. *Joining Together: Group Theory and Group Skills*. 12th ed. Upper Saddle River, N.J.: Pearson.

———. 2016b. *Joining Together: Group Theory and Group Skills*. 12th ed. Upper Saddle River, N.J.: Pearson.

Joseph, Stephen. 2010. *Psychopathology and Therapeutic Approaches: An Introduction*. 2nd ed. Basingstoke: Palgrave.

Kotler, J. 2019. *Learning Group Leadership: An Experiential Approach*. 4th ed. Cognella.

Kreeger, Lionel. 1984. *The Large Group: Dynamics and Therapy*. London: Maresfield Reprints.

Lemma, Alessandra. 1996. *Introduction to Psychopathology*. London: SAGE. <https://ebookcentral.proquest.com/lib/tees/detail.action?docID=456784>.

Manthei, R. J. 1997. *Counselling: The Skills of Finding Solutions to Problems*. London:

Routledge. <https://ebookcentral.proquest.com/lib/tees/detail.action?docID=241807>.

May, Rollo. 1992. *The Art of Counselling*. Rev. ed. Vol. Human horizons series. London: Souvenir Press.

McCaughan, Nano. 1978. *Group Work: Learning and Practice*. Vol. National Institute Social Services Library. London (etc.): Allen and Unwin.

McLeod, John. 2018. *An Introduction to Counselling*. 6th edition. Maidenhead: Open University Press.

Mearns, Dave, Brian Thorne, and John McLeod. 2013. *Person-Centred Counselling in Action*. 4th ed. Vol. SAGE Counselling in action. London: SAGE.

Nelson-Jones, Richard. 1991. *Lifeskills: A Handbook*. London: Cassell.

———. 2009. *Introduction to Counselling Skills: Text and Activities*. 4th edition. Los Angeles, [Calif.]: SAGE.

———. 2013a. *Practical Counselling and Helping Skills: Text and Activities for the Lifeskills Counselling Model*. 6th edition. London: SAGE.

———. 2013b. *Practical Counselling and Helping Skills: Text and Exercises for the Lifeskills Counselling Model*. 6th edition. London: SAGE.

———. 2013c. *Practical Counselling and Helping Skills: Text and Exercises for the Lifeskills Counselling Model*. 6th edition. London: SAGE.

———. 2014. *Theory and Practice of Counselling and Psychotherapy*. 6th ed. London: SAGE.

———. 2015a. *Basic Counselling Skills: A Helper's Manual*. 4th ed. London: SAGE.

———. 2015b. *Basic Counselling Skills: A Helper's Manual*. 4th ed. London: SAGE.

Palmer, Stephen, Gladeana McMahon, and British Association for Counselling. 1997. *Handbook of Counselling*. 2nd ed. London: Routledge.

Parks, Craig D., and Lawrence J. Sanna. 1999. *Group Performance and Interaction*. Boulder, Co: Westview Press.

Pfeiffer, J. William, and John E. Jones. 1974a. *A Handbook of Structured Experiences for Human Relations Training: Vol.1 (Revised)*. Revised ed. Vol. Series in human relations training. La Jolla: University Associates.

———. 1974b. *A Handbook of Structured Experiences for Human Relations Training: Vol.1 (Revised)*. Revised ed. Vol. Series in human relations training. La Jolla: University Associates.

Posthuma, Barbara W. 2002a. *Small Groups in Counseling and Therapy: Process and Leadership*. 4th ed. Boston, MA: Allyn and Bacon.

———. 2002b. *Small Groups in Counseling and Therapy: Process and Leadership*. 4th ed. Boston, MA: Allyn and Bacon.

Preston-Shoot, Michael. 2007. *Effective Groupwork*. 2nd ed. Vol. Practical social work. Basingstoke: Palgrave Macmillan.

Priebe, Stefan, and Rosemarie McCabe. 2008. 'Therapeutic Relationships in Psychiatry: The Basis of Therapy or Therapy in Itself?' *International Review of Psychiatry* 20 (6): 521–26. <https://doi.org/10.1080/09540260802565257>.

'Psychotherapy: Theory, Research, Practice, Training'. n.d.

Rogers, Carl R. 2004. *On Becoming a Person: A Therapist's View of Psychotherapy*. London: Constable.

Schneider, Stanley, and Haim Weinberg. 2003. *The Large Group Re-Visited: The Herd, Primal Horde, Crowds and Masses*. Vol. International library of group analysis. London: Jessica Kingsley.

Seligman, Linda, and Lourie W. Reichenberg. 2019. *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 5th ed. Boston: Pearson.

Sills, Charlotte. 2006. *Contracts in Counselling and Psychotherapy*. 2nd ed. Vol. Professional skills for counsellors. London: SAGE.

Snodgrass, Jill. 2007. 'From Rogers to Clinebell: Exploring the History'. *Pastoral Psychology* 55 (4): 513–25. <https://doi.org/10.1007/s11089-007-0066-1>.

Stangor, Charles. 2015a. *Social Groups in Action and Interaction*. 2nd ed. New York, N.Y.: Psychology Press.

———. 2015b. *Social Groups in Action and Interaction*. New York, N.Y.: Psychology Press.

Strawbridge, Sheelagh. 2016. *Handbook of Counselling Psychology*. 4th ed. London: SAGE. <https://ebookcentral.proquest.com/lib/tees/detail.action?docID=5942912>.

'Therapy Today'. n.d.

Tuckman, Bruce W. 1965. 'Developmental Sequence in Small Groups.' *Psychological Bulletin* 63 (6): 384–99. <https://doi.org/10.1037/h0022100>.

Tudor, Keith. 1999. *Group Counselling*. Vol. Professional skills for counsellors. London: SAGE.

Wheelan, Susan A. 2005. *Group Processes: A Developmental Perspective*. 2nd ed. Boston: Allyn and Bacon.

Wilson, Gerald L. 2005. *Groups in Context: Leadership and Participation in Small Groups*. 7th ed. Boston, MA: McGraw-Hill. <http://www.loc.gov/catdir/description/mh051/2003067226.html>.

Young, Mark E., and Samantha Chromy. 2005. *Exercises in the Art of Helping*. 3rd ed. Upper Saddle River, N.J.: Pearson/Merrill Prentice Hall.

Ziv-Beiman, Sharon. 2013. 'Therapist Self-Disclosure as an Integrative Intervention.' *Journal of Psychotherapy Integration* 23 (1): 59–74. <https://doi.org/10.1037/a0031783>.