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



1

Priebe, S. & Mccabe, R. Therapeutic relationships in psychiatry: The basis of therapy or therapy in itself? International Review of Psychiatry **20**, 521–526 (2008).

2.

Cutcliffe, J. R. & Bajkay, R. Transposing Yallom: Recognizing and understanding group dynamics in a Canadian online diploma in psychiatric nursing. Nurse Education Today **29**, 128–135 (2009).

3.

Ashmore, R. & Banks, D. Student nurses' use of their interpersonal skills within clinical role-plays. Nurse Education Today **24**, 20–29 (2004).

4.

Snodgrass, J. From Rogers to Clinebell: Exploring the History. Pastoral Psychology **55**, 513–525 (2007).

5.

Ziv-Beiman, S. Therapist self-disclosure as an integrative intervention. Journal of Psychotherapy Integration **23**, 59–74 (2013).

6.

Balmforth, J. '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**, 375–386 (2009).

7.

Graham, J., Manor, O. & Wiseman, S. Introducing humanistic group counselling for somatisation in a primary care practice: Preliminary findings. Counselling and Psychotherapy Research **7**, 220–226 (2007).

8.

Barnes, B., Ernst, S. & Hyde, K. An introduction to groupwork: a group-analytic perspective. vol. Basic texts in counselling and psychotherapy (Macmillan, 1999).

9.

Cottrell, S. Critical thinking skills: effective analysis, argument and reflection. (Bloomsbury Academic, 2023).

10.

Bennett, M. Purpose of counselling and psychotherapy. (Palgrave Macmillan, 2004).

11.

Bond, T. Standards and ethics for counselling in action. vol. Counselling in action (SAGE, 2015).

12.

Comer, R. Abnormal psychology. (2021).

13.

Comer, R. Abnormal psychology. (2021).

Cottrell, S. Critical thinking skills: effective analysis, argument and reflection. (Bloomsbury Academic, 2023).

15.

Dallos, R. Attachment narrative therapy: integrating systemic narrative and attachment approaches. (Open U.P., 2006).

16.

Egan, G. The skilled helper: a problem-management and opportunity-development approach to helping. (Brooks/Cole Cengage Learning, 2018).

17.

Egan, G. The skilled helper: A problem-management & opportunity-development approach to helping. (Cengage Learning, 2018).

18.

Deurzen, E. V. Existential perspectives on human issues: a handbook for therapeutic practice. (Palgrave Macmillan, 2005).

19.

Feltham, C. Understanding the counselling relationship. vol. Professional skills for counsellors (SAGE, 1999).

20.

Feltham, C. & Dryden, W. Brief counselling: a practical, integrative approach. (Open U.P., 2006).

Goodley, D. Disability and psychology: critical introductions and reflections. (Palgrave Macmillan, 2005).

22.

Jenkins, P. Counselling, psychotherapy and the law. vol. Professional skills for counsellors (SAGE, 2007).

23.

Joseph, S. Psychopathology and therapeutic approaches: an introduction. (Palgrave, 2010).

24.

Lemma, A. Introduction to psychopathology. (SAGE, 1996).

25.

Nelson-Jones, R. Basic counselling skills: a helper's manual. (SAGE, 2015).

26.

Douglas, B., Woolfe, R. & Strawbridge, S. Handbook of counselling psychology. (SAGE, 2016).

27.

Young, M. E. & Chromy, S. Exercises in the art of helping. (Pearson/Merrill Prentice Hall, 2005).

28.

Nelson-Jones, R. Practical counselling and helping skills: text and exercises for the lifeskills counselling model. (SAGE, 2013).

29.
Counselling psychology quarterly.
20
30.
British Psychological Society. Counselling psychology review.
31.
American Psychological Association. Journal of counseling psychology.
Timerican i Sychological rissociation. Journal of courisching psychology.
32.
British Association for Counselling and Psychotherapy. Counselling and psychotherapy
research.
33.
33. Psychotherapy: theory, research, practice, training.
Psychotherapy: theory, research, practice, training.
Psychotherapy: theory, research, practice, training.
Psychotherapy: theory, research, practice, training.  34.
Psychotherapy: theory, research, practice, training.  34.
Psychotherapy: theory, research, practice, training.  34.  British journal of guidance and counselling.  35.
Psychotherapy: theory, research, practice, training.  34.  British journal of guidance and counselling.
Psychotherapy: theory, research, practice, training.  34.  British journal of guidance and counselling.  35.
Psychotherapy: theory, research, practice, training.  34.  British journal of guidance and counselling.  35.

37.
Clinical psychology and psychotherapy.
38.
American Psychological Association. Group dynamics: theory, research and practice.
39.
Therapy today.
40.
Corey, M. S. & Corey, G. Groups: process and practice. (Thomson Brooks/Cole, 2013).
41.
Corey, G. Theory and practice of group counseling. (Thomson/Brooks/Cole, 2016).
42.
Flick, U. An introduction to qualitative research. (SAGE, 2022).
43.
Johnson, D. W. & Johnson, F. P. Joining together: group theory and group skills. (Pearson, 2016).
44.
Posthuma, B. W. Small groups in counseling and therapy: process and leadership. (Allyn and Bacon, 2002).

Flick, U. An introduction to qualitative research. (SAGE, 2022).

46.

Barnes, B., Ernst, S. & Hyde, K. An introduction to groupwork: a group-analytic perspective. vol. Basic texts in counselling and psychotherapy (Macmillan, 1999).

47.

Pfeiffer, J. W. & Jones, J. E. A handbook of structured experiences for human relations training: Vol.1 (revised). vol. Series in human relations training (University Associates, 1974).

48.

Stangor, C. Social groups in action and interaction. (Psychology Press, 2015).

49.

Banister, P. Qualitative methods in psychology: a research guide. (Open University Press, 2011).

50.

Denzin, N. K. & Lincoln, Y. S. The SAGE handbook of qualitative research. (Sage Publications, 2018).

51.

Baron, R. S. & Kerr, N. L. Group process, group decision, group action. vol. Mapping social psychology (Open University Press, 2003).

52.

Corey, G. Theory and practice of counseling and psychotherapy. (Brooks/Cole Cengage Learning, 2016).

53. Corey, G. Theory and practice of group counseling. (Thomson/Brooks/Cole, 2016). 54. Corey, G. Theory and practice of group counseling. (Brooks/Cole Cengage Learning, 2011). 55. Egan, G. & Reese, R. J. The skilled helper: a client-centred approach. (Cengage, 2021). 56. Feltham, C. & Horton, I. The SAGE handbook of counselling and psychotherapy. (SAGE, 2017). 57. Johnson, D. W. & Johnson, F. P. Joining together: group theory and group skills. (Pearson, 2016). 58. McLeod, J. An introduction to counselling. (Open University Press, 2018). 59. Nelson-Jones, R. Theory and practice of counselling and psychotherapy. (SAGE, 2014). 60. Nelson-Jones, R. Practical counselling and helping skills: text and exercises for the lifeskills counselling model. (SAGE, 2013).

Posthuma, B. W. Small groups in counseling and therapy: process and leadership. (Allyn and Bacon, 2002).

62.

Corey, M. S. & Corey, G. Groups: process and practice. (Thomson Brooks/Cole, 2017).

63.

Arrow, H., McGrath, J. E. & Berdahl, J. L. Small groups as complex systems: formation, coordination, development, and adaptation. (Sage, 2000).

64.

Bion, W. R. Experiences in groups: and other papers. (Routledge, 1989).

65.

Brown, R. Group processes: dynamics within and between groups. (John Wiley & Sons, Inc, 2019).

66.

Capuzzi, D. Approaches to group work: a handbook for practitioners. (Merrill/Prentice Hall, 2002).

67.

Corey, G. Group techniques. (Thomson / Brooks/Cole, 2014).

68.

Costigan, L. Social awareness in counselling: a critique of mainstream counselling from a

feminist counselling, cross-cultural counselling,	, and liberation psychology perspective	i 
(iUniverse, Inc., 2004).		

Dryden, W. Handbook of individual therapy. (SAGE Publications Inc. US, 2013).

70.

Egan, G. Exercises in helping skills: a manual to accompany the skilled helper: a problem-management and opportunity-development approach to helping. (Brooks/Cole Cengage Learning, 2010).

71.

Feltham, C. Understanding the counselling relationship. vol. Professional skills for counsellors (SAGE, 1999).

72.

Gladding, S. T. Groups: a counseling specialty. (Merrill, 2019).

73.

Heron, J. Helping the client: a creative practical guide. (SAGE, 2001).

74

Hough, M. Counselling skills and theory. (Hodder Education, 2021).

75.

Kotler, J. Learning group leadership: An experiential approach. (Cognella, 2019).

76.

Group Situations   Teesside University
Kreeger, L. The Large group: dynamics and therapy. (Maresfield Reprints, 1984).
77.
Manthei, R. J. Counselling: the skills of finding solutions to problems. (Routledge, 1997).
78.
May, R. The art of counselling. vol. Human horizons series (Souvenir Press, 1992).
79.
Mearns, D., Thorne, B. & McLeod, J. Person-centred counselling in action. vol. SAGE Counselling in action (SAGE, 2013).
80.
McCaughan, N. Group work: learning and practice. vol. National Institute Social Services Library (Allen and Unwin, 1978).
81.
Nelson-Jones, R. Lifeskills: a handbook. (Cassell, 1991).
82.
Nelson-Jones, R. Practical counselling and helping skills: text and activities for the lifeskills counselling model. (SAGE, 2013).
83.

Nelson-Jones, R. Introduction to counselling skills: text and activities. (SAGE, 2009).

Nelson-Jones, R. Basic counselling skills: a helper's manual. (SAGE, 2015).

11/13

Palmer, S., McMahon, G., & British Association for Counselling. Handbook of counselling. (Routledge, 1997).

86.

Parks, C. D. & Sanna, L. J. Group performance and interaction. (Westview Press, 1999).

87.

Pfeiffer, J. W. & Jones, J. E. A handbook of structured experiences for human relations training: Vol.1 (revised). vol. Series in human relations training (University Associates, 1974).

88.

Preston-Shoot, M. Effective groupwork. vol. Practical social work (Palgrave Macmillan, 2007).

89.

Rogers, C. R. On becoming a person: a therapist's view of psychotherapy. (Constable, 2004).

90.

Seligman, L. & Reichenberg, L. W. Theories of counseling and psychotherapy: systems, strategies, and skills. (Pearson, 2019).

91.

Schneider, S. & Weinberg, H. The large group re-visited: the herd, primal horde, crowds and masses. vol. International library of group analysis (Jessica Kingsley, 2003).

Sills, C. Contracts in counselling and psychotherapy. vol. Professional skills for counsellors (SAGE, 2006).

93.

Stangor, C. Social groups in action and interaction. (Psychology Press, 2015).

94.

Tuckman, B. W. Developmental sequence in small groups. Psychological Bulletin **63**, 384–399 (1965).

95.

Tudor, K. Group counselling. vol. Professional skills for counsellors (SAGE, 1999).

96.

Wheelan, S. A. Group processes: a developmental perspective. (Allyn and Bacon, 2005).

97.

Wilson, G. L. Groups in context: leadership and participation in small groups. (McGraw-Hill, 2005).

98.

Strawbridge, S. Handbook of counselling psychology. (SAGE, 2016).

99.

Balmforth, J. '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**, 375–386 (2009).