



Counselling: The Skills of Finding Solutions to Problems

Robert Manthei

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Developing the ideas of his best-selling textbook *Counselling: The Skills of Problem-Solving*, Robert Manthei shows how to define and solve problems. Step-by-step he explains how to work in a planned way to enhance the client's self-understanding and increase their ability to find solutions to other problems in the future.

Counselling has proved itself an invaluable resource for counsellors at every stage of their career and for anyone using counselling skills as a part of their work. This new edition is completely revised and introduces:

- * a solution-focused model
- * new material on: cross-cultural counselling
- ethics
- self-evaluation
- professionalism
- advocacy and mediation
- stress
- supervision

and retains:

- * a skills-based approach
- * the stage-by-stage model
- * examples
- * exercises.

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