



# Counselling: The Skills of Finding Solutions to Problems

*Robert Manthei*

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## Counselling: The Skills of Finding Solutions to Problems Robert Manthei

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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