

The History Of Guidance And Counselling In Africa

The History Of Guidance And Counselling In Africa The History of Guidance and Counselling in Africa The history of guidance and counselling in Africa is a rich tapestry woven with traditional practices, colonial influences, and modern psychological paradigms. As societies evolved from indigenous communal systems to complex nation-states, so too did the approaches to supporting individuals in making life decisions, resolving personal issues, and fostering community development. This article explores the chronological development of guidance and counselling in Africa, highlighting key phases, influential figures, cultural considerations, and contemporary trends shaping the landscape today.

Origins of Guidance and Counselling in Africa

Traditional Practices and Indigenous Support Systems Before the advent of formal guidance and counselling, African societies relied heavily on indigenous support mechanisms rooted in their cultural and spiritual beliefs.

- **Community-Based Support:** Elders, spiritual leaders, and family members played pivotal roles in providing counsel, guidance, and conflict resolution within communities.
- **Rites of Passage:** Ceremonies such as initiation rites served as transitional guidance for youths entering adulthood, imparting moral values, societal roles, and life skills.
- **Oral Traditions and Storytelling:** Knowledge transfer through stories, proverbs, and songs often contained lessons on behaviour, decision-making, and social norms.
- **Traditional Healers:** Spiritual healers and diviners offered guidance on health, spiritual matters, and interpersonal issues, blending customary beliefs with practical advice. These traditional support systems were holistic, integrating spiritual, social, and psychological dimensions, emphasizing communal harmony over individualism.

Early Colonial Encounters and Their Impact The arrival of Europeans in Africa during the 15th and 16th centuries initiated a shift in social structures, including approaches to individual support.

- **Introduction of Western Education:** Colonial administrations established schools that introduced Western curricula, including subjects like psychology and guidance.
- **Christian Missionary Influence:** Churches and missionaries introduced counseling practices rooted in Christian doctrines, emphasizing moral guidance and character building.
- **Limited Formal Guidance Structures:** Early on, guidance was informal, often provided by teachers, religious leaders, or colonial officials, with little systemic development. While these influences laid some groundwork, they often conflicted with indigenous practices, leading to a hybrid approach that persisted over centuries.

Development of Formal Guidance and Counselling in Africa

Post-Independence Era (1950s-1970s) The wave of independence movements across Africa in the mid-20th century fostered a renewed focus on indigenous identity and social development.

- **Emergence of Educational Guidance:** As African nations developed their education systems, the need for career guidance, academic counseling, and personal development became evident.
- **Introduction of Western Psychological Paradigms:** Universities and training institutions began offering courses in psychology, guidance, and counselling, influenced by European and American models.
- **Government Policies and Initiatives:** Some countries established ministries and departments

dedicated to education and social welfare, incorporating guidance services into national development plans. During this period, guidance and counselling were primarily seen within educational settings, focusing on student career choices and personal adjustment. 1980s-1990s: Expansion and Diversification The subsequent decades saw increased recognition of mental health and social issues, prompting broader development of guidance services. - Integration into Health and Social Services: Counselling expanded beyond schools to clinics, community centers, and workplaces. - Training and Professionalization: Universities began offering specialised programmes in guidance and counselling, leading to the emergence of trained practitioners. - Focus on Community and Cultural Relevance: Efforts were made to adapt counselling techniques to African cultural contexts, incorporating local languages, traditions, and beliefs. This era marked a shift from purely academic guidance to addressing broader psychosocial needs of diverse populations. Contemporary Trends and Challenges In the 21st century, guidance and counselling in Africa face both opportunities and challenges. - Globalization and Technology: Increased access to technology offers new avenues for counselling, including online and telehealth services. - Cultural Sensitivity and Pluralism: Practitioners strive to balance Western models with indigenous practices, respecting cultural norms and spiritual beliefs. - Policy and Resource Constraints: Many countries grapple with limited funding, lack of trained personnel, and stigma surrounding mental health issues. - Focus on Youth and HIV/AIDS: Guidance services are vital in addressing youth unemployment, HIV/AIDS awareness, and other social issues prevalent in the continent. Efforts are ongoing to mainstream guidance and counselling into national development agendas, recognizing their role in fostering sustainable development. Influential Figures and Institutions in Africa's Guidance and Counselling History Pioneers and Key Organizations - Dr. James M. K. Nkonge (Kenya): An early advocate for counselling in Kenya, emphasizing culturally relevant practices. - South African Guidance and Counselling Association (SAGCA): Established in the late 20th century to promote professional standards. - African Association for Guidance and Counselling (AAGC): A continental body fostering collaboration among guidance practitioners across Africa. Educational and Training Institutions - Universities such as the University of Cape Town, Makerere University, and the University of Nairobi established dedicated programmes in guidance and counselling, nurturing a new generation of practitioners. Cultural Considerations in the Evolution of Guidance and Counselling Indigenous Worldviews and Approaches African traditional views influence contemporary practices in several ways: - Holistic Perspective: Emphasizing harmony between individual, community, and spiritual elements. - Collectivism: Prioritizing family and community involvement in decision- 3 making. - Spirituality and Ancestor Worship: Respecting spiritual dimensions as integral to well-being. Challenges in Integration - Reconciling Western Models with Indigenous Practices: Ensuring culturally sensitive counselling that respects local beliefs. - Stigma and Misunderstanding: Overcoming misconceptions about mental health and counselling within communities. - Language and Communication: Addressing linguistic diversity to make guidance accessible. Future Directions and Opportunities Emphasizing Culturally Relevant Practices - Developing indigenous counselling models rooted in local traditions and languages. - Training practitioners to navigate cultural nuances effectively. Policy and Infrastructure Development - Strengthening national policies to support guidance and counselling services. - Increasing investment in training, resources, and awareness campaigns.

Leveraging Technology - Utilizing mobile platforms, social media, and tele- counselling to reach remote and underserved populations. - Promoting digital literacy to maximize the benefits of technological advancements. Fostering Research and Knowledge Sharing - Encouraging research on indigenous counselling practices and outcomes. - Building networks among African guidance practitioners to share best practices. Conclusion The history of guidance and counselling in Africa reflects a dynamic interplay of indigenous traditions, colonial influences, and contemporary innovations. From traditional community-based support systems to formalised professional practices, the evolution illustrates a continuous quest to serve the psychosocial needs of Africans within culturally relevant frameworks. Recognizing the continent's diverse cultural landscape and addressing current challenges through policy, training, and technological integration will be vital in shaping the future of guidance and counselling across Africa. As nations strive for sustainable development and improved well-being, guidance and counselling remain essential tools in empowering individuals, strengthening communities, and fostering a resilient and thriving continent.

Question Answer How did guidance and counselling origins develop in Africa during the pre-colonial era? In the pre-colonial era, guidance and counselling in Africa were primarily rooted in traditional practices, community-based support systems, and oral traditions, where elders and community leaders played roles in guiding youth through advice, mentorship, and conflict resolution. What impact did colonialism have on the development of guidance and counselling in Africa? Colonialism introduced Western educational models and psychological practices to Africa, leading to the formalization of guidance and counselling services within schools and institutions, often aiming to assimilate African students into colonial administrative systems and addressing issues like vocational guidance.

4 When did formal guidance and counselling programs begin to emerge in African educational systems? Formal guidance and counselling programs in Africa began emerging in the mid-20th century, especially around the 1950s and 1960s, as countries gained independence and emphasized education reform to support student development and nation-building. Who are some key figures or organizations that contributed to the development of guidance and counselling in Africa? Notable contributors include early practitioners like Dr. N. M. Nwosu in Nigeria and organizations such as the African Guidance and Counselling Association (AGCA), which aimed to promote professional standards, training, and regional collaboration in counselling practices. What are some unique challenges faced by guidance and counselling services in Africa today? Challenges include limited resources and trained personnel, cultural stigmas surrounding mental health, diverse linguistic and cultural contexts, and the need for integration of traditional practices with modern counselling approaches. How has the role of guidance and counselling evolved in post-independence African countries? Post-independence, guidance and counselling have expanded from primarily vocational support to include psychosocial support, career development, mental health awareness, and addressing social issues such as HIV/AIDS, conflict, and poverty. What is the future outlook for guidance and counselling in Africa? The future of guidance and counselling in Africa looks promising with increasing recognition of mental health importance, integration into educational policies, technological advancements, and efforts to train more professionals to meet the diverse needs of African populations. The history of guidance and counselling in Africa is a fascinating narrative that reflects the continent's evolving social structures, cultural values, and educational priorities. From

traditional community-based methods to modern psychological practices, guidance and counselling have played an instrumental role in shaping individuals' lives and societal development. Tracing this history offers insights into how African societies have integrated, adapted, and sometimes resisted external influences to meet their unique needs. --- Introduction: The Roots of Guidance and Counselling in Africa Guidance and counselling in Africa have deep roots that predate the formal establishment of psychological services. Traditionally, community elders, spiritual leaders, and family members served as informal counsellors, providing advice and support based on cultural norms and collective wisdom. These indigenous practices laid the foundation for more structured guidance and counselling systems introduced during the colonial and post-colonial periods. --- The History Of Guidance And Counselling In Africa 5 Pre-Colonial Guidance Practices in Africa Cultural and Community-Based Support Systems In pre-colonial Africa, guidance was embedded within the social fabric. Elders, chiefs, and spiritual leaders played vital roles in guiding individuals, especially youths, through rites of passage, conflict resolution, and moral education. These traditional practices emphasized: - Oral transmission of knowledge - Community participation - Cultural rituals and ceremonies - Moral and ethical guidance Pros: - Highly contextualized and culturally relevant - Strengthened community bonds - Emphasized moral and social responsibilities Cons: - Limited focus on individual psychological issues - Not structured or formalized as modern counselling - Potentially resistant to change or new ideas --- The Impact of Colonialism on Guidance and Counselling Introduction of Western Educational and Psychological Models The colonial era marked a significant turning point in Africa's guidance and counselling landscape. European powers established formal educational systems, bringing with them Western psychological theories, counselling practices, and training programs. Missionaries and colonial administrators introduced guidance services aimed at producing disciplined, obedient citizens aligned with colonial interests. Features of Colonial Guidance Systems: - Focused on vocational guidance to meet colonial economic needs - Emphasized discipline, obedience, and moral conduct - Set up school-based counselling units in some regions Pros: - Introduction of structured guidance programs - Increased awareness of mental health issues in formal settings - Foundation for future professional training Cons: - Imposed Western models that often clashed with indigenous practices - Limited cultural sensitivity and relevance - Served colonial interests more than local needs --- Post-Independence Developments in Guidance and Counselling Evolution of Guidance Services in the Post-Colonial Era Following independence in the mid-20th century, African countries began to develop their own policies and frameworks for guidance and counselling. The focus shifted towards addressing local socio-economic challenges, improving educational systems, and fostering national development. Key Developments: - Integration of guidance into national education policies - Training of indigenous counsellors and psychologists - Emphasis on career guidance to support economic development - Recognition of mental health as a vital component of wellbeing Notable Initiatives: - The establishment of guidance and counselling units within schools - Formation of professional associations, such as the African Association for Guidance and Counselling (AAGC) - Incorporation of guidance The History Of Guidance And Counselling In Africa 6 principles into community development programs Pros: - Culturally relevant approaches began to emerge - Increased accessibility to guidance services - Strengthened professional identity of counsellors Cons: - Limited resources and infrastructure in

many countries - Variability in policy implementation across nations - Ongoing reliance on Western models without full adaptation --- The Role of Education and Religion in Shaping Guidance and Counselling Educational Contributions Education has been a primary vehicle for implementing guidance and counselling in Africa. Schools serve as critical sites for career guidance, personal development, and psychosocial support. - Curriculum integration of guidance principles - Training of school counsellors and educators - Focus on addressing dropout rates, teenage pregnancy, and maladjustment Features: - School-based programs often serve as the first point of contact for students - Emphasis on academic and career development Challenges: - Shortage of qualified counsellors - Overcrowded classrooms limiting individual attention - Cultural barriers to discussing personal issues openly Religious and Traditional Influences Religion remains a central aspect of African life, influencing approaches to guidance and counselling. - Churches, mosques, and traditional healers often provide informal counselling - Spiritual guidance intertwined with psychological support - Use of faith-based practices to promote mental health Pros: - High acceptance and trust in faith-based guidance - Culturally congruent approaches Cons: - Potential conflicts with psychological principles - Limited scope for addressing complex mental health issues --- Modern Trends and Challenges in Guidance and Counselling in Africa Integration of Psychological Theories Today, African guidance and counselling services increasingly incorporate psychological theories such as humanistic, cognitive-behavioral, and psychoanalytic approaches. This integration aims to provide more comprehensive support. Features: - Use of evidence-based practices - Focus on mental health promotion and psychosocial resilience Challenges: - Insufficient training and professional development opportunities - Cultural adaptations necessary for effective practice The History Of Guidance And Counselling In Africa 7 Technological Advances and Accessibility With the advent of digital technology, tele-counselling and online guidance services are emerging, especially in urban areas. Pros: - Increased reach to remote and underserved populations - Anonymity encouraging openness Cons: - Digital divide limiting access in rural areas - Privacy and confidentiality concerns --- Current Challenges and Future Directions Despite progress, several challenges hinder the full realization of effective guidance and counselling in Africa: - Limited funding and resources - Shortage of trained professionals - Cultural stigmas surrounding mental health - Inconsistent policy implementation - Need for culturally sensitive models Future directions include: - Developing indigenous counselling models rooted in African cultures - Strengthening policy frameworks and professional standards - Promoting community-based mental health initiatives - Leveraging technology for wider access --- Conclusion: Reflecting on the Journey and Moving Forward The history of guidance and counselling in Africa is a testament to the continent's resilience and capacity for adaptation. From traditional community support systems to modern, evidence-based practices, the evolution reflects a complex interplay of cultural, historical, and socio-economic factors. While significant strides have been made, ongoing challenges necessitate a culturally sensitive, resource-supported approach that empowers local communities and professionals. Embracing indigenous knowledge, fostering professional development, and leveraging technology will be crucial in shaping the future of guidance and counselling across Africa, ensuring that it continues to serve the diverse needs of its people effectively. guidance and counselling in Africa, history of counselling, African educational guidance, development of counselling in Africa, counselling

practices Africa, evolution of guidance services, African mental health services, counselling policies Africa, cultural influences on counselling in Africa, history of educational guidance in Africa

Psychotherapy and Counselling for Depression Handbook of Counseling and Psychotherapy in an International Context Standards and Ethics for Counselling in Action Guidance and Counselling in India Counselling in a Nutshell Guidance And Counselling In Colleges And Universities Guidance and Counselling in School and Non-school Settings Guidance and Counselling in Schools Counselling in the New Frontier of Helping (Penerbit USM) Guidance and Counselling in Adult and Continuing Education Introduction to Counselling and Psychotherapy Counselling in a Multicultural Society Taking Issue The SAGE Handbook of Counselling and Psychotherapy Counselling in India Experiences of Counselling in Action An Introduction to Guidance and Counselling in Diverse African Contexts Qualitative Research in Counselling and Psychotherapy Key Issues for Counselling in Action School Counselling in an Asian Cultural Context Paul Gilbert Roy Moodley Dr Tim Bond Ram Nath Sharma Windy Dryden S K Kochhar Daniel I. Denga Patrick M. Hughes See Ching Mey Ray Woolfe Stephen Palmer Stephen Palmer Megan Crawford Terry Hanley Sujata Sriram Dave Mearns Paul M. Biswalo John McLeod Windy Dryden Mark Harrison

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excellent excellent excellent i would thoroughly recommend this book to any other counsellor of psychotherapist it is described on the back cover as outstanding valuable and an essential resource and i would fully endorse all of these descriptions i have been qualified for 10 years and have had extensive client experience but feel i have gained so much from gilbert s wisdom on this topic it is excellent value for money and again i would recommend it to any practitioner the independent practitioner this book takes the reader gently but thoroughly through the biopsychosocial processes that underpin depression excellent worksheets and information sheets are provided as appendices it is a valuable resource for those who already work with depression and essential reading for those considering working in this field therapy today paul gilbert provides the reader with a refreshingly wide ranging integrative and up to date understanding of

the nature assessment and treatment of depression all psychological therapists will benefit from reading his important book healthcare counselling and psychotherapy journal paul gilbert writes in a scholarly yet accessible style on the bio psychosocial perspectives of depression i agree with him that knowledge of such areas is crucial to being able to work effectively with people experiencing depression nursing standard 5 star review psychotherapy and counselling for depression third edition by the distinguished psychologist paul gilbert is an outstanding contribution to the field i read this book with great enthusiasm and interest and i must acknowledge admiration all clinicians will benefit from reading this valuable book robert l leahy president international association for cognitive psychotherapy paul gilbert s psychotherapy and counselling for depression third edition is a popular and practical guide to working with people suffering from depression the book is based on a wealth of research into evolutionary cognitive behavioural and emotion focused approaches to depression it outlines how to work with general negativity sense of failure and abandonment and feelings of powerlessness anger shame and guilt the book examines the essential stages of the therapeutic process from conceptualization and formulation through to a wide variety of interventions for different types of difficulty it has been greatly revised expanded and updated for the third edition and o explores in depth the biopsychosocial processes underpinning depression o shows how a compassionate mind approach can be incorporated into different types of therapy o includes a new chapter focusing on the role of the therapeutic relationship including therapeutic dialogues o features detailed guidance with case examples on how to work with a wide variety of depressions psychotherapy and counselling for depression third edition is an essential resource and comprehensive guide for practitioners and anyone involved with treating depression paul gilbert is professor of psychology in the mental health research unit at kingsway hospital derby

many factors in the world today such as globalization and a rise in immigration are increasing the need for mental health practitioners to acquire the ability to interact effectively with people of different cultures this text will be the most comprehensive volume to address this need to date exploring the history philosophy processes and trends in counseling and psychotherapy in countries from all regions of the globe organized by continent and country each chapter is written by esteemed scholars drawing on intimate knowledge of their homelands they explore such topics as their countries demographics counselor education programs current counseling theories and trends and significant traditional and indigenous treatment and healing methods this consistent structure facilitates quick and easy comparisons and contrasts across cultures offering an enhanced understanding of diversity and multicultural competencies overall this text is an invaluable resource for practitioners researchers students and faculty showing them how to look beyond their own borders and cultures to enhance their counseling practices

in paise of the first edition essential reading for therapists counsellors supervisors trainers and health care workers it is a book which will help us all to guard the high professional and ethical standards to which responsible workers aspire and which all our clients are entitled to expect british journal of guidance counselling highly recommended essential on every counselling course reading list as well as on counsellors own bookshelves counselling the journal of the british

association for counselling this highly acclaimed guide to the major responsibilities which trainees and counsellors in practice must be aware of be

guidance and counselling is very important part of activity in educational institutions all over the world but in india literature on this subject is very scanty in the present book guidance and counselling in india an attempt has been made to fulfil this need in the wake of changing pattern of socio economic socio educational and socio cultural systems which are forming complex shape owing to advancement in science and technology and changing nature of human behaviour and a person s adjustment with his family community and society after classifying the concept of guidance the book studies its relationship with educational specialities its areas its types such as self guidance and guidance to other individuals it proceeds to discuss professional counselling and explains counselling of individuals and in groups it examines counselling for vocational development and leisure time guidance the subjects discussed in the book include guidance services in india student counselling group guidance collection filing and dissemination of occupational information psychological aspects of vocation vocationalisation vocational guidance the world of work and occupations institutions of higher learning and the world of work job analysis educational guidance pupil personnel work in indian schools new pattern of education and guidance services guidance and counselling in indian colleges and universities ueigb and usab individual testing and non testing devices in guidance guidance in adolescence guidance of problem children guidance of backward children and guidance of gifted children the book ends with a look at the future development of careers education and guidance and highlights some useful strategies for change this voluminous work on guidance and counselling fulfills the requirements of students teachers psychologists professional counselors and practitioners in this field

what is counselling and how does it work counselling in a nutshell provides the answers to these questions and more as part of a step by step guide to the counselling relationship and the therapeutic process drawing together theory from the psychodynamic person centred and cognitive behavioural approaches windy dryden explores bonds between counsellor and client goals and tasks of counselling stages of the therapeutic process core therapeutic change this revised and updated second edition also includes new material on person centred and psychodynamic counselling further discussion of the influence of counselling contexts on the work of counsellors and five discussion issues at the end of each chapter to stimulate thinking counselling in a nutshell provides a concise introduction to core components of the therapeutic relationship and process and is suitable for counsellors of all orientations

guidance and counselling in schools a response to change is a comprehensive account of the origins and basis of guidance and counseling in british schools as well as the principles underlying developments in guidance and counseling emphasis is on principles as they manifest themselves within the existent structure traditions and potentialities of the british educational system

this book is a useful resource for individuals who work in the helping professions particularly in

the fields of counselling social work psychology and mental health services it covers a wide range of topics which may pave new directions for development and trainings in the area the book discusses challenges and training of counsellors from a global perspective approaches counseling issues from a multicultural standpoint and shares effective intervention and counselling techniques such as music therapy family sculpting online counselling and so on which are crucial to the advancement of the profession the book aims to encourage collaboration and sharing of information amongst the helping professionals to explore effective ways to ensure a healthy community for a sustainable tomorrow universiti sains malaysia penerbit universiti sains malaysia

stephen palmer is joint award winner of the annual counselling psychology award for outstanding professional and scientific contribution to counselling psychology in britain for 2000 an introductory text that applies a down to earth approach to a diversity of 23 therapeutic approaches within counselling and psychotherapy it was actually a pleasure conducting the review and having to read over the outlined models it is a definite entry for counselling training courses and will offer plenty of ideas for those teaching as well as training it is fun to read and offers numerous ideas of how to put into place counselling techniques counselling psychology review this essential guide t

the book aptly describes explores and hits the core of very complex issues around race racism culture difference dual identity stereotypes immigration and alienation it is also very thought provoking raising questions about one's own ability to work more flexibly in the consulting room with clients of different backgrounds it is excellent for a directory of resources useful for training purposes and an enabling role model for good practice in counselling in a multicultural society i enjoyed it it should be a required handbook on the shelf of every caring professional working within a multicultural environment or setting transformations the pcsr journal this book examines the many complex issues surrounding counselling and therapy in a multicultural society it aims to sensitize readers to the cultural and racial setting in which counselling occurs and to raise awareness of the specific counselling needs of those from differing backgrounds the book explores the impact of culture on identity and of cultural differences on interaction it looks at how one might take a client's cultural context into consideration or deal with racism and provides a sophisticated account of the salient value systems of western and non western cultures contributors also challenge the suitability of a client centred approach for clients from non western backgrounds and explore the possibilities for transcultural culture centred and multimodal models of counselling in the west

the partner to telling tales this reader looks at a range of perspectives on a number of key issues emerging from the area of guidance and counselling in education questions of ethics equality and impartiality and their relationship to guidance and counselling in the context of learning are explored the book also examines the trend towards group work and the role of technology in creating strategies for guidance written for a new module on the open university's ma in education

the sage handbook of counselling and psychotherapy is the most comprehensive and accessible

introduction to the field of counselling and psychotherapy this handbook supports all levels of training and modalities providing an essential entry point to theory practice and research at over 600 pages and with more than 100 contributions from leading authors in the field this fifth edition brings together the essentials of counselling and psychotherapy theory research skills and practice each chapter includes a further reading section and case studies now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners sections cover counselling and psychotherapy in context social justice and intersectionality core therapeutic and professional skills what do people come to therapy for theories and approaches lifespan modalities and technology settings

this volume provides a critical and reflexive view into the counselling profession in india counselling and psychotherapy are emergent fields in india there is inadequate synergy between theory and practice at present as psychotherapy and counselling practice in the field have not sufficiently informed research and vice versa while research on counselling the counselling process and training and development of counsellors is extremely vital for the growth of the profession practitioners seldom feel the need to wear the lens of the researcher drawing upon primary research on counsellors and psychotherapists in different parts of india this volume bridges this gap and discusses the personal and professional journeys of counsellors at various stages of their career which in turn facilitates further research on counselling in india the chapters discuss practical issues like the challenges faced by novice counsellors which contribute to feelings of inadequacy and incompetence synergy between the personal and professional lives of counsellors and the effect of the counselling process on the self elements that go into training and how counselling education could be positioned and developed the use of creative arts in therapy and the role of school counsellors and the process of negotiating boundaries among various stakeholders in the school system the volume also examines ethical dilemmas in the field which have wider policy ramifications

how hard it is to find a book to recommend to trainees which will give them an insight into what counselling and psychotherapy too for that matter is really like this book does exactly that this is a book which would be equally useful to the humanistic practitioner and the more orthodox one the breadth of sympathy is admirable in dealing with what is common to all orientations this is one of those rare books which does justice both to the human experiences involved in counselling and psychotherapy and to the theory which might explain those experiences changes what is the experience of counselling from the perspectives of both client and counsellor what can be learned for the practice of counselling from an understanding of how it feels to be a client or a counsellor addressing these questions central to this book are the personal accounts of individual clients and counsellors who each relate their own very different experiences of counselling they explore such issues as identity expectations trust power and boundaries in the client counsellor relationship and each examines the intense personal meanings of success or failure in the client or counsellor role an analysis of the implications for the counselling relationship concludes the volume

a new book by John McLeod is always a treat and like good qualitative research takes the reader by surprise and shows him or her something new. The revelation to me in this book is its focus on philosophy rather than psychology and on John's insistence that qualitative research is rooted in a mixture of phenomenology and hermeneutics. Those of us engaged in qualitative research are challenged to underpin our work with a deeper awareness of relevant philosophy with chapters 2, 3 and 4 offering a good starting point. This book might not be seen then as being for the novice researcher who in any case would be best advised to start with one of John's earlier books: *Doing Counselling Research* (Sage 1994) or *Practitioner Research in Counselling* (Sage 1999). However, many parts of this book are essential reading for those beginning qualitative research. The first half of chapter 9, for example, on how to do qualitative research, is rich material, as is chapter 6 which explores grounded theory, referred to by John as the 'market leader' in qualitative research. Chapter 10 takes a critical stance on randomized controlled trials before arguing the case for using qualitative outcomes. Measures qualitative interviews appear to be at present the most sensitive method for the evaluation of the harmful effects of therapy and also for recording its greatest successes. The standardized self-report methods used in randomized trials appear both to inhibit criticism of therapists and reporting of deterioration and also give little scope for clients to describe the hugely positive transformational experiences that can sometimes take place in counselling. This book deeply addresses what it means to do qualitative research into counselling and psychotherapy with plenty for the novice researcher and even more for those already deeply immersed in qualitative research. William West's *Counselling and Psychotherapy Research: Qualitative Methods* are particularly suited to answering the kinds of questions that counsellors and psychotherapists need to ask about their practice. Qualitative research in counselling and psychotherapy has therefore been written to help researchers find their way through the range of methodologies and techniques available to them. Leading expert and bestselling author John McLeod takes the reader through each stage of the research process, explaining techniques for gathering data, writing up the study and evaluating the findings. Each qualitative method is clearly described and critically assessed in terms of its own strengths and weaknesses. Examples from actual research studies are given to show how the methods work in practice. The need to show how and why counselling works has led to an explosion of research activity for all those involved in research, whether as part of academic study or in practice. This book will be essential reading as an introduction to qualitative methods. It is certain to be widely recommended on courses in counselling and counselling psychology and will also be of interest to those who provide counselling in other professional areas such as nursing and social work.

Effective counselling is based on a strong working relationship between counsellor and client. Building and maintaining this therapeutic alliance demands both skill and an ability to negotiate challenges which arise during the counselling process. *Key Issues for Counselling in Action* prepares new practitioners for face-to-face work with clients by looking at what is required at each stage of the process and examining issues which practitioners most frequently need to deal with along the way. The topics covered are relevant to all counsellors regardless of theoretical orientation. The book explores the everyday issues counsellors face when getting started, making an assessment, working at relational depth, setting goals and ending the relationship. Advice is also given on more

difficult challenges such as dealing with reluctant clients stuckness client dependency and unplanned endings key issues for counselling in action is a bestselling text which has been used to train many thousands of counsellors as well as supporting their continuing professional development this second edition has been completely re written and includes new material on the use of touch self care culture and counselling evaluation windy dryden is professor of psychotherapeutic studies professional and community education pace at goldsmiths college university of london andrew reeves is a university counsellor at the university of liverpool counselling service and editor of the journal counselling psychotherapy research

school counselling in an asian cultural context focuses on the ways in which cultural setting influences the practice of school counseling its effectiveness and the experience of young people as they engage in counseling in schools the mental health of young people is increasingly a cause for concern particularly in asia s high pressured league topping education systems and the wellbeing of students is becoming more a part of the wider remit of schools mark harrison presents a broad overview of the development and current practice of school counseling in hong kong in both local and international schools and examines this in relation to school counseling in us and uk settings as well as the wider asia pacific region the book brings together two foci the practice of school counseling in the asian cultural context of hong kong and the effectiveness and experience of school counseling from the perspective of young people and counselors the diversity of schools in hong kong makes it a microcosm of trends and practices in school counseling globally and as such offers insights which will be of interest to students in training school counselors administrators and policy makers in the asia pacific region and further afield

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