



# Six Key Approaches to Counselling and Therapy

By Richard Nelson-Jones

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**Six Key Approaches to Counselling and Therapy** By Richard Nelson-Jones

‘This excellent book contains information about six key therapeutic approaches. **Six Key Approaches to Counselling and Therapy** gives the reader a good understanding of the therapeutic approach in question. This book may well become a key text of counsellor training programmes’ - *Counselling Psychology Review*

‘Although designed as a text book, this introduction to the main schools and methods of psychotherapy is one of the most engaging pieces of psychological theory I have ever encountered. I was initially skeptical, having found similar books both narrow and hard work, conceptually. Due to the fact I have never studied the fundamentals of psychology and therapy, I have often found secondary source material too high level, presuming prior knowledge, and therefore it was useless to me. This book changed that, profoundly. The chapters on Jung and Rogers were both lucid and interesting, and gave me a keen insight into the fundamentals of their theories and the processes of therapy based upon them. However, what truly threw me was the excellence of the chapter on Gestalt therapy. I cannot put into words to how inspirational this section was’ - *Amazon Review*

‘Richard Nelson-Jones’s achievement is to make accessible to the interested reader in one chapter the complexity of Jung’s metapsychology’ - *Ann Casement, Jungian Psychoanalyst*

‘Excellent. A lively introduction to person-centred therapy’ - *Professor Brian Thorne, Director, Centre for Counselling Studies, University of East Anglia*

‘A very clear, accurate and thorough introduction to person-centred therapy’ - *Professor Petruska Clarkson, PHYSIS and University of Surrey*

‘I find the chapter on REBT to be excellent’ - *Dr Albert Ellis, President, Albert Ellis Institute for Rational Emotive Behaviour Therapy, New York City*

'Clear, thorough... succinctly summarizes CT's most important concepts and principles' - **Dr Judith S Beck, Director, Beck Institute for Cognitive Therapy and Research, Philadelphia**

This is an authoritative and accessible textbook for use on introductory courses in the theory and practice of counselling and therapy. It presents two approaches from each of the three main schools of contemporary therapy practice:

- { the psychodynamic school- Freud's psychoanalysis and Jung's analytical therapy
- { the humanistic school - person-centred and Gestalt therapy; and
- { the cognitive-behavioural school - rational-emotive behaviour therapy and cognitive therapy.

In addition, the book discusses the structure and functions of theories, reviews issues in evaluating therapeutic approaches, and contains a glossary.



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### Editorial Review

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#### About the Author

Richard Nelson-Jones was born in London in 1936. Having spent five years in California as a Second World War refugee, he returned in the 1960s to obtain a Masters and Ph.D from Stanford University. In 1970, he was appointed a lecturer in the Department of Education at the University of Aston to establish a Diploma in Counselling in Educational Settings, which started enrolling students in 1971. During the 1970s, he was helped by having three Fulbright Professors from the United States, each for a year, who both taught students and improved his skills. During this period he broadened out from a predominantly client-centred orientation to becoming much more cognitive-behavioural. He also wrote numerous articles and the first edition of what is now The Theory and Practice of Counselling and Therapy, which was published in 1982. In addition, he chaired the British Psychological Society’s Working Party on Counselling and, in 1982, became the first chairperson of the BPS Counselling Psychology Section.

In 1984, he took up a position as a counselling and later counselling psychology trainer at the Royal Melbourne Institute of Technology, where he became an Associate Professor. He continued writing research articles, articles on professional issues and books, which were published in London and Sydney. As when he worked at Aston University, he also counselled clients to keep up his skills. In 1997, he retired from RMIT and moved to Chiang Mai in Thailand. There, as well as doing some counselling and teaching, he has continued as an author of counselling and counselling psychology textbooks. A British and Australian citizen, he now divides his time between Chiang Mai and London and regularly visits Australia.

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