



Key Issues for Counselling in Action (Counselling in Action series)

By Windy Dryden, Andrew Reeves

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SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008. To view the video - [click here](#)

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*.

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Editorial Review

Review

'This new edition meets the challenges of counselling today and brings alive issues that have arisen in the last twenty years, adding up to an important new text for inclusion in counsellor training' - **Colin Feltham, Course Leader in Counselling & Psychotherapy, Sheffield Hallam University** (UK Reviewsall)

About the Author

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist and Chair of the British Association for Counselling and Psychotherapy (BACP).

Originally qualified as a social worker, Andrew then trained in counselling and psychotherapy and specialised in child protection and adult mental health before moving to working full-time as a counsellor at the University of Liverpool.

He has researched therapy with suicidal clients and people who self-injure and self-harm for over 15 years and has written extensively about this, including his 2010 book with SAGE, *Counselling Suicidal Clients*. His award-winning training DVD, *Tight Ropes and Safety Nets: Counselling Suicidal Clients* (with Jon Shears and Sue Wheeler) is now being used by many therapy training programmes throughout the UK.

Andrew's other books with SAGE include *An Introduction to Counselling and Psychotherapy: From Theory to Practice* (2012); *The Handbook of Individual Therapy*, 6th edition, co-edited with Windy Dryden; and *Key Issues for Counselling in Action*, 2nd edition, also co-edited with Windy Dryden. In 2015, SAGE launched a new series with Andrew as the editor, *Essential Issues for Counselling and Psychotherapy*.

Users Review

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