



# Effective Counselling with Young People (Counselling and Psychotherapy Practice Series)

*Hazel Reid, Jane Westergaard*

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This book examines key theoretical counselling perspectives and applies these specifically to work with young people. It establishes how to build counselling relationships in order to support young people and enable them to achieve positive outcomes and to manage their lives effectively. It also identifies the key counselling skills needed to engage in purposeful, helping conversations. There are sections on understanding adolescent development, exploring person-centred principles and understanding and using motivational interviewing - all of which help to blend academic theory with the realities of practice.

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