




# Perfect Counselling

*Max Eggert*

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## **Perfect Counselling** Max Eggert

***Perfect Counselling*** provides you with an overview of what counselling is - and isn't - and gives you guidance on when it can be of value. The book is filled with examples and exercises to guide you through the skills and practice of counselling.

Chapters include:

- The process of counselling
- Counselling skills
- When to use counselling and when not to
- Dealing with people who are reluctant or difficult
- Gaining the commitment to action
- Empowerment and tackling personal responsibility.

This is the ideal book for anyone who frequently finds themselves in counselling situations in the office and outside work, and is also for everyone who is training, or considering training as a counsellor.

**The *Perfect* series** is a range of practical guides that give clear and straightforward advice on everything from finding your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.

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