



An Introduction to Counselling

John McLeod

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Reviews of the second edition:

"It is impossible to do justice to such an exhaustive, broadbased and very readable work in a short review. Professor McLeod has been meticulous, and with true scientific impartiality has looked at, studied and described the many strands and different schools of thought and methods that can lead towards successful counselling."

Therapy Weekly

"This is a fascinating, informative, comprehensive and very readable book...McLeod has produced a text that offers a great deal no matter what your level of competence or knowledge."

Journal of Interprofessional Care

"...one of the book's strengths is McLeod's willingness to go beyond a history of the development of counselling or a beginner's technical manual...{and to} consider the political dimensions of counselling and the relevance of power to counselling relationships. A worthwhile acquisition for therapeutic community members, whatever their discipline or background."

Therapeutic Communities

This thoroughly revised and expanded version of the bestselling text, *An Introduction to Counselling*, provides a comprehensive introduction to the theory and practice of counselling and therapy. It is written in a clear, accessible style, covers all the core approaches to counselling, and takes a critical, questioning approach to issues of professional practise. Placing each counselling approach in its social and historical context, the book also introduces a wide range of contemporary approaches, including narrative therapy, systemic, feminist and multicultural.

This third edition includes a new chapter on the important emerging approach of philosophical counselling, and a chapter on the counselling relationship, as well as expanded coverage of attachment theory, counselling on the internet, and solution-focused therapy. The text has been updated throughout, with additional illustrative vignettes and case studies.

Current, comprehensive and readable, with exhaustive references, *An Introduction to Counselling* is a classic introduction to its subject.

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