PHDE0029: Psychological Aspects of Counselling



1.

Barker, M., Langdridge, D., Vossler, A., & Open University. Understanding counselling and psychotherapy. (SAGE, 2010).

2.

Lines, D. Brief counselling in schools: working with young people from 11 to 18. (SAGE, 2006).

З.

The handbook of individual therapy. (SAGE, 2013).

4.

Bozarth, I. Not necessarily necessary but always sufficient. in Beyond Carl Rogers (1993).

5.

Palmer, S. Person-centred counselling and psychotherapy. in Introduction to counselling and psychotherapy: the essential guide (Sage, 2000).

6.

Hersoug, A. Grete., Høglend, Per., Havik, O. E. & Monsen, J. T. Development of working alliance over the course of psychotherapy. Psychology and Psychotherapy: Theory,

Research and Practice 83, 145–159 (2010).

7.

Higginson, Sally. & Mansell, Warren. What is the mechanism of psychological change? A qualitative analysis of six individuals who experienced personal change and recovery. Psychology and Psychotherapy: Theory, Research and Practice **81**, 309–328 (2008).

8.

Hill, C. E. et al. Hitting the wall: A case study of interpersonal changes in psychotherapy. Counselling and Psychotherapy Research 11, 34–42 (2011).

9.

Johansson, Håkan. & Jansson, J.-Åke. Therapeutic alliance and outcome in routine psychiatric out-patient treatment: Patient factors and outcome. Psychology and Psychotherapy: Theory, Research and Practice **83**, 193–206 (2010).

10.

Barker, M., Langdridge, D., Vossler, A., & Open University. Understanding counselling and psychotherapy. (SAGE, 2010).

11.

Mearns, D., Thorne, B. & McLeod, J. Person-centred counselling in action. (SAGE, 2013).

12.

Prever, M. Counselling and supporting children and young people: a person-centred approach. (SAGE, 2010).

13.

Råbu, M., Halvorsen, M. S. & Haavind, H. Early relationship struggles: A case study of alliance formation and reparation. Counselling and Psychotherapy Research **11**, 23–33 (2011).

Råbu, M., Halvorsen, M. S. & Haavind, H. Early relationship struggles: A case study of alliance formation and reparation. Counselling and Psychotherapy Research **11**, 23–33 (2011).

15.

Rogers, C. R. On becoming a person: a therapist's view of psychotherapy. (Constable, 1967).

16.

Rogers, Carl R. The Necessary and Sufficient Conditions of Therapeutic Personality Change. Journal of Consulting and Clinical Psychology **60**,.

17.

Thorne, B. Person-centred therapy. in Dryden's handbook of individual therapy (Sage, 2007).

18.

Wilkins, P. Person Centred Therapy. (2010).

19.

Dryden, W. & Reeves, A. The handbook of individual therapy. (SAGE, 2014).

20.

Brown, D. & Pedder, J. Introduction to psychotherapy: an outline of psychodynamic priciples and practice. (Routledge, 1991).

Burton, M. & Suss, L. Psychodynamic (Freudian). Counselling and psychotherapy. in Introduction to counselling and psychotherapy: the essential guide (Sage, 2000).

22.

Cooper, C. Psychodynamic therapy: The Kleinian Approach. in The handbook of individual therapy (eds. Dryden, W. & Reeves, A.) (SAGE, 2013).

23.

Fragkiadaki, E. & Strauss, S. M. Termination of psychotherapy: The journey of 10 psychoanalytic and psychodynamic therapists. Psychology and Psychotherapy: Theory, Research and Practice **85**, 335–350 (2012).

24.

Grant, J. & Crawley, J. Transference and projection: mirrors to the self. (Open University Press, 2002).

25.

Hobson, R. P. & Kapur, R. Working in the transference: Clinical and research perspectives. Psychology and Psychotherapy: Theory, Research and Practice **78**, 275–295 (2005).

26.

Ratigan, Bernard. British Journal of Guidance & Counselling. 27, 589–590 (1999).

27.

Jacobs, M. Psychodynamic counselling in action. (SAGE, 2010).

28.

Jacobs, M. Seeing and being seen in the experience of the client and the therapist. European Journal of Psychotherapy & Counselling **1**, 213–230 (1998).

Leichsenring, F. & Leibing, E. Psychodynamic psychotherapy: A systematic review of techniques, indications and empirical evidence. Psychology and Psychotherapy: Theory, Research and Practice **80**, 217–228 (2007).

30.

Rizq, R. Ripley's Game: Projective identification, emotional engagement, and the counselling psychologist. Psychology and Psychotherapy: Theory, Research and Practice **78**, 449–464 (2005).

31.

Rowan, J. & Jacobs, M. The therapist's use of self. (Open University Press, 2002).

32.

Rock, B. Freud's influence - Personal and professional perspectives. Psychologist **19**, 535–535.

33.

Freud, S., Strachey, J. & Freud, S. Two short accounts of psycho-analysis. (Penguin, 1962).

34.

Collins, B. Psychodynamic theory for therapeutic practice. Psychodynamic Practice **19**, 227–229 (2013).

35.

Dykes, F. B. Humanistic approaches. in Understanding counselling and psychotherapy (SAGE, 2010).

Feltham, C. & Horton, I. Humanistic-existential approaches. in Handbook of counselling and psychotherapy (SAGE, 2000).

37.

Frankl, V. E. Man's Search for Meaning. (1959).

38.

Frankl, Viktor. [Man's search for ultimate meaning]. The Globe and Mail (Index-only).

39.

Gilbert, M. & Evans, K. Gestalt counselling and psychotherapy. in Introduction to counselling and psychotherapy: the essential guide (Sage, 2000).

40.

Parlett, M. & Denham, J. Gestalt therapy. in The handbook of individual therapy (eds. Dryden, W. & Reeves, A.) (SAGE, 2013).

41.

Langdridge, D. Existential psychotherapy. in Understanding counselling and psychotherapy (SAGE, 2010).

42.

Rowan, J. & Jacobs, M. The therapist's use of self. (Open University Press, 2002).

43.

van Deurzen, E. Existential Therapy. in Dryden's handbook of individual therapy (Sage, 2007).

Beck, A. T. Cognitive therapy and the emotional disorders. (International Universities Press, 1976).

45.

Beck, Aaron. Cognitive Therapy: A 30-Year Retrospective. The American Psychologist 46,.

46.

Moorey, S. Cognitive Therapy. in Dryden's handbook of individual therapy (Sage, 2007).

47.

Neenan, M. Rational emotive behaviour therapy. in Introduction to counselling and psychotherapy: the essential guide (Sage, 2000).

48.

Butler, A. C., Chapman, J. E., Foreman, E. M. & Beck, A. T. The empirical status of cognitive - behavioural therapy: a review of meta-analyse. **27**, 17–31.

49.

Cognitive Behaviour Therapy for Children and Families. (Cambridge University Press, 2013). doi:10.1017/CBO9781139344456.

50.

Graham, P. Jack Tizard Lecture: Cognitive Behaviour Therapies for Children: Passing Fashion or Here to Stay? Child and Adolescent Mental Health **10**, 57–62 (2005).

Bennett-Levy, J., McManus, F., Westling, B. E. & Fennell, M. Acquiring and Refining CBT Skills and Competencies: Which Training Methods are Perceived to be Most Effective? Behavioural and Cognitive Psychotherapy **37**, (2009).

52.

Kearns, C. M., Read, K. L., Klugman, J. & Kendall, P. C. Cognitive – behavioural therapy for youth with social anxiety: differential short and long-term treatment outcomes. **27**, 210–215.

53.

Barker, M., Langdridge, D., Vossler, A., & Open University. Understanding counselling and psychotherapy. (SAGE, 2010).

54.

Richards, D. Behaviour Therapy. in Dryden's handbook of individual therapy (Sage, 2007).

55.

Stallard, P. COGNITIVE BEHAVIOUR THERAPY WITH CHILDREN AND YOUNG PEOPLE: A SELECTIVE REVIEW OF KEY ISSUES. Behavioural and Cognitive Psychotherapy **30**, (2002).

56.

Reference and Research Book News. 26, (2011).

57.

Westbrook, D., Kennerley, H. & Kirk, J. An introduction to cognitive behaviour therapy: skills and applications. (SAGE, 2007).

Curran, J. Cognitive behavioural therapy for dummies Rob Willson Rhena Branch Cognitive behavioural therapy for dummies John Wiley & Sons First 334 £14.99 0470018380 0470018380. Mental Health Practice **9**, 26–26 (2006).

59.

Chiesa, A. & Malinowski, P. Mindfulness-based approaches: are they all the same? Journal of Clinical Psychology **67**, 404–424 (2011).

60.

Claessens, M. Mindfulness and existential therapy. (2009).

61.

Flook, L. et al. Effects of Mindful Awareness Practices on Executive Functions in Elementary School Children. Journal of Applied School Psychology **26**, 70–95 (2010).

62.

Mardula, J. & Larkin, F. Mindfulness in Individual Therapy. in The handbook of individual therapy (eds. Dryden, W. & Reeves, A.) (SAGE, 2013).

63.

Vreeswijk, M. van, Broersen, J., Schurink, G. & Tempel, J. van der. Mindfulness and schema therapy: a practical guide. (Wiley Blackwell, 2014).

64.

Weare, K. Evidence for the Impact of Mindfulness on Children and Young People.

65.

Williams, J. M. G. & Penman, D. Mindfulness: a practical guide to finding peace in a frantic

world. (Piatkus, 2011).

66.

De Shazer, S. Keys to solution in brief therapy. (Norton, 1985).

67.

Goddard, K. In defence of the past: a response to Ron Wilgoosh. in Counselling: the BAC counselling reader, edited by Stephen Palmer, Sheila Dainow and Pat Milner (Sage [in association with the] British Association for Counselling, 1996).

68.

Lethem, J. Brief Solution Focused Therapy. Child and Adolescent Mental Health ${f 7}$, 189–192 (2002).

69.

Butler, A. Solution-Focused Therapy: Theory, Research & Practice, Alasdair Macdonald, London, Sage, 2007, pp. 218, ISBN 978 1 4129 3117 5, 18.99. British Journal of Social Work **38**, 197–198 (2008).

70.

O'Connell, B. Solution- Focused Therapy. in Dryden's handbook of individual therapy (Sage, 2007).

71.

Perkins, R. The effectiveness of one session of therapy using a single-session therapy approach for children and adolescents with mental health problems. Psychology and Psychotherapy: Theory, Research and Practice **79**, 215–227 (2006).

72.

Wilgoosh, R. How can we see where we're going if we're always I looking backwards. in

Counselling: the BAC counselling reader, edited by Stephen Palmer, Sheila Dainow and Pat Milner (Sage [in association with the] British Association for Counselling, 1996).

73.

Beaver, R. Educational psychology casework: a practical guide. (Jessica Kingsley, 1996).

74.

Bury, C., Raval, H. & Lyon, L. Young people's experiences of individual psychoanalytic psychotherapy. Psychology and Psychotherapy: Theory, Research and Practice **80**, 79–96 (2007).

75.

Dimond, C. Counselling Survivors of Childhood Sexual Abuse C. B. Draucker London: Sage Publications, 2000. pp. 167. £14.99 (pb). Child Psychology and Psychiatry Review **6**, (2001).

76.

Campion, J. Counselling children. (Whiting & Birch, 1991).

77.

Geldard, K., Geldard, D. & Foo, R. Y. Counselling children: a practical introduction. (SAGE, 2013).

78.

Graham, P. J. Cognitive behaviour therapy for children and families. (Cambridge University Press, 2005).

79.

Klein, R. Psychodynamic counselling with children and young people: an introduction.

Journal of Child Psychotherapy 37, 95-97 (2011).

80.

Perkins, R. & Scarlett, G. The effectiveness of single session therapy in child and adolescent mental health. Part 2: An 18-month follow-up study. Psychology and Psychotherapy: Theory, Research and Practice **81**, 143–156 (2008).

81.

Prever, M. Counselling and supporting children and young people: a person-centred approach. (SAGE, 2010).

82.

Sanderson, C. Counselling adult survivors of child sexual abuse. (Jessica Kingsley, 2006).

83.

Stallard, P. COGNITIVE BEHAVIOUR THERAPY WITH CHILDREN AND YOUNG PEOPLE: A SELECTIVE REVIEW OF KEY ISSUES. Behavioural and Cognitive Psychotherapy **30**, (2002).

84.

Cruse Bereavement Care |. https://www.cruse.org.uk/.

85.

Dyregrov, A. Grief in children: a handbook for adults. (Jessica Kingsley Publishers, 2008).

86.

Farrant, A. Sibling bereavement: helping children cope with loss. (Cassell, 1998).

Gallagher, M., Tracey, A. & Millar, R. Ex-clients' evaluation of bereavement counselling in a voluntary sector agency. Psychology and Psychotherapy: Theory, Research and Practice **78**, 59–76 (2005).

88.

Granot, T. Without you: children and young people growing up with loss and its effects. (Jessica Kingsley, 2005).

89.

Holland, J. How schools can support children who experience loss and death. British Journal of Guidance & Counselling **36**, 411–424 (2008).

90.

Anonymous. Counselling for Grief and Bereavement. Journal of Social Work Education 33,.

91.

Kübler-Ross, E. On children and death. (Collier Books, 1985).

92.

Lendrum, S. & Syme, G. Gift of tears: a practical approach to loss and bereavement counselling. (Routledge, 1992).

93.

Besley, T. British Journal Of Guidance & Counselling. **31**, 449–452.

Long, R. & National Association for Special Educational Needs (Great Britain). Loss and separation. (David Fulton in association with NASEN, 2005).

95.

Ribbens McCarthy, J. Young people's experiences of loss and bereavement: towards an interdisciplinary approach. (Open UP/McGraw-Hill Education, 2006).

96.

Quarmby, David. Peer Group Counselling with Bereaved Adolescents. British Journal of Guidance and Counselling **21**,.

97.

Rowling, L. Grief in school communities: effective support strategies. (Open UP, 2003).

98.

Wagner, P. Schools and pupils: developing their responses to bereavement. in Pastoral care and personal-social education: entitlement and provision (Cassell in Association with the National Association for Pastoral Care in Education, 1995).

99.

Benians, R. British Journal Of Psychiatry. 12–14.

100.

Worden, J. W. Grief counselling and grief therapy: a handbook for the mental health practitioner. (Brunner-Routledge, 2003).

101.

News from BACP. https://www.bacp.co.uk/news/news-from-bacp/.

Baginsky, W. & National Society for the Prevention of Cruelty to Children. Peer mediation in the UK: a guide for schools. (2004).

103.

Cooper, M. Counselling in UK secondary schools: A comprehensive review of audit and evaluation data. Counselling and Psychotherapy Research **9**, 137–150 (2009).

104.

School-based counselling in UK secondary schools : a review and critical evaluation.

105.

Counselling in schools: a blueprint for the future. Departmental advice for school leaders and counsellors.

106.

Fox, C. L. & Butler, I. Evaluating the effectiveness of a school-based counselling service in the UK. British Journal of Guidance & Counselling **37**, 95–106 (2009).

107.

Graham, P. J. Susan Isaacs: a life freeing the minds of children. (Karnac, 2009).

108.

Hall, C., Hall, E. & Hornby, G. Counselling pupils in schools: skills and strategies for teachers. (RoutledgeFalmer, 2003).

109.

Lines, D. Brief counselling in schools: working with young people from 11 to 18. (SAGE, 2011).

Lines, D. A Peer Counselling Service in a Secondary School to Combat Bullying: Issues in Planning and Ongoing Management. Pastoral Care in Education **23**, 19–27 (2005).

111.

Polat, F. & Jenkins, P. Provision of Counselling Services in Secondary Schools: A Survey of Local Education Authorities in England and Wales. Pastoral Care in Education **23**, 17–24 (2005).

112.

Rupani, P., Haughey, N. & Cooper, M. The impact of school-based counselling on young people's capacity to study and learn. British Journal of Guidance & Counselling **40**, 499–514 (2012).

113.

Richardson, J. Objections to personal counselling in schools. British Journal of Guidance & Counselling $\mathbf{7}$, 129–143 (1979).

114.

Stallard, P. School-based interventions for depression and anxiety in children and adolescents. Evidence Based Mental Health **16**, 60–61 (2013).

115.

Winslade, J. & Monk, G. Narrative counseling in schools: powerful and brief. (Corwin Press, 2007).

116.

Systematic Review of Solution Focused Brief Therapy.