

# PHDE0029: Psychological Aspects of Counselling

[View Online](#)

---

1.

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

2.

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

3.

Dryden, W., Reeves, A. eds: The handbook of individual therapy. SAGE, Los Angeles (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, London (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). <https://doi.org/10.1348/147608309X471497>.

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). <https://doi.org/10.1348/147608308X320125>.

8.

Hill, C.E., Chui, H., Huang, T., Jackson, J., Liu, J., Spangler, P.: Hitting the wall: A case study of interpersonal changes in psychotherapy. *Counselling and Psychotherapy Research*. 11, 34–42 (2011). <https://doi.org/10.1080/14733145.2011.546153>.

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). <https://doi.org/10.1348/147608309X472081>.

10.

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

11.

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

12.

Prever, M.: Counselling and supporting children and young people: a person-centred approach. SAGE, Los Angeles, Calif (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). <https://doi.org/10.1080/14733145.2011.546073>.

14.

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). <https://doi.org/10.1080/14733145.2011.546073>.

15.

Rogers, C.R.: *On becoming a person: a therapist's view of psychotherapy*. Constable, London (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, Los Angeles (2007).

18.

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

19.

Dryden, W., Reeves, A.: *The handbook of individual therapy*. SAGE, [Place of publication not identified] (2014).

20.

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

21.

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

22.

Cooper, C.: Psychodynamic therapy: The Kleinian Approach. In: Dryden, W. and Reeves, A. (eds.) The handbook of individual therapy. SAGE, Los Angeles (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).  
<https://doi.org/10.1111/j.2044-8341.2011.02035.x>.

24.

Grant, J., Crawley, J.: Transference and projection: mirrors to the self. Open University Press, Maidenhead (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).  
<https://doi.org/10.1348/147608305X25801>.

26.

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

27.

Jacobs, M.: Psychodynamic counselling in action. SAGE, Los Angeles (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).  
<https://doi.org/10.1080/13642539808402310>.

29.

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). <https://doi.org/10.1348/147608306X117394>.

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). <https://doi.org/10.1348/147608305X42703>.

31.

Rowan, J., Jacobs, M.: The therapist's use of self. Open University Press, Buckingham (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, Harmondsworth (1962).

34.

Collins, B.: Psychodynamic theory for therapeutic practice. *Psychodynamic Practice*. 19, 227-229 (2013). <https://doi.org/10.1080/14753634.2013.778483>.

35.

Dykes, F.B.: Humanistic approaches. In: *Understanding counselling and psychotherapy*. SAGE, London (2010).

36.

Feltham, C., Horton, I.: Humanistic-existential approaches. In: *Handbook of counselling and psychotherapy*. SAGE, London (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, London (2000).

40.

Parlett, M., Denham, J.: Gestalt therapy. In: Dryden, W. and Reeves, A. (eds.) *The handbook of individual therapy*. SAGE, Los Angeles (2013).

41.

Langdridge, D.: Existential psychotherapy. In: *Understanding counselling and psychotherapy*. SAGE, London (2010).

42.

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

43.

van Deurzen, E.: Existential Therapy. In: Dryden's handbook of individual therapy. Sage, Los Angeles (2007).

44.

Beck, A.T.: Cognitive therapy and the emotional disorders. International Universities Press, New York (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, Los Angeles (2007).

47.

Neenan, M.: Rational emotive behaviour therapy. In: Introduction to counselling and psychotherapy: the essential guide. Sage, London (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.

Graham, P., Reynolds, S. eds: Cognitive Behaviour Therapy for Children and Families. Cambridge University Press, Cambridge (2013).  
<https://doi.org/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).  
<https://doi.org/10.1111/j.1475-3588.2005.00119.x>.

51.

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).  
<https://doi.org/10.1017/S1352465809990270>.

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, London (2010).

54.

Richards, D.: Behaviour Therapy. In: Dryden's handbook of individual therapy. Sage, Los Angeles (2007).

55.

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



<https://doi.org/10.1017/S1352465802003053>.

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, Los Angeles (2007).

58.

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).  
<https://doi.org/10.7748/mhp.9.9.26.s21>.

59.

Chiesa, A., Malinowski, P.: Mindfulness-based approaches: are they all the same? Journal of Clinical Psychology. 67, 404–424 (2011). <https://doi.org/10.1002/jclp.20776>.

60.

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

61.

Flook, L., Smalley, S.L., Kitil, M.J., Galla, B.M., Kaiser-Greenland, S., Locke, J., Ishijima, E., Kasari, C.: Effects of Mindful Awareness Practices on Executive Functions in Elementary School Children. Journal of Applied School Psychology. 26, 70–95 (2010).  
<https://doi.org/10.1080/15377900903379125>.

62.

Mardula, J., Larkin, F.: Mindfulness in Individual Therapy. In: Dryden, W. and Reeves, A.

(eds.) The handbook of individual therapy. SAGE, Los Angeles (2013).

63.

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

64.

Weare, K.: Evidence for the Impact of Mindfulness on Children and Young People, <https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>.

65.

Williams, J.M.G., Penman, D.: Mindfulness: a practical guide to finding peace in a frantic world. Piatkus, London (2011).

66.

De Shazer, S.: Keys to solution in brief therapy. Norton, London (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, London (1996).

68.

Lethem, J.: Brief Solution Focused Therapy. Child and Adolescent Mental Health. 7, 189-192 (2002). <https://doi.org/10.1111/1475-3588.00033>.

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). <https://doi.org/10.1093/bjsw/bcm160>.

70.

O'Connell, B.: Solution- Focused Therapy. In: Dryden's handbook of individual therapy. Sage, Los Angeles (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). <https://doi.org/10.1348/147608305X60523>.

72.

Wilgoosh, R.: How can we see where we're going if we're always 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, London (1996).

73.

Beaver, R.: *Educational psychology casework: a practical guide*. Jessica Kingsley, London (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). <https://doi.org/10.1348/147608306X109654>.

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). <https://doi.org/10.1017/S1360641701242695>.

76.

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

77.

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

78.

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

79.

Klein, R.: Psychodynamic counselling with children and young people: an introduction. *Journal of Child Psychotherapy*. 37, 95–97 (2011).  
<https://doi.org/10.1080/0075417X.2011.550423>.

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).  
<https://doi.org/10.1348/147608308X280995>.

81.

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

82.

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

83.

Stallard, P.: COGNITIVE BEHAVIOUR THERAPY WITH CHILDREN AND YOUNG PEOPLE: A SELECTIVE REVIEW OF KEY ISSUES. Behavioural and Cognitive Psychotherapy. 30, (2002). <https://doi.org/10.1017/S1352465802003053>.

84.

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

85.

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

86.

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

87.

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). <https://doi.org/10.1348/147608304X21392>.

88.

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

89.

Holland, J.: How schools can support children who experience loss and death. British Journal of Guidance & Counselling. 36, 411–424 (2008). <https://doi.org/10.1080/03069880802364569>.

90.

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

91.

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

92.

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

93.

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

94.

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

95.

Ribbens McCarthy, J.: Young people's experiences of loss and bereavement: towards an interdisciplinary approach. Open UP/McGraw-Hill Education, Maidenhead (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, Buckingham (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, London (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, Hove, East Sussex (2003).

101.

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

102.

Baginsky, W., National Society for the Prevention of Cruelty to Children: Peer mediation in the UK: a guide for schools,  
<http://www.betterbehavioursotland.gov.uk/uploads/UK%20PeerMediation.pdf>, (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).  
<https://doi.org/10.1080/14733140903079258>.

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,  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/497825/Counselling\\_in\\_schools.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/497825/Counselling_in_schools.pdf).

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).  
<https://doi.org/10.1080/03069880902728598>.

107.

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

108.

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

109.

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

110.

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).  
<https://doi.org/10.1111/j.0264-3944.2005.00318.x>.

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). <https://doi.org/10.1111/j.1468-0122.2005.00347.x>.



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). <https://doi.org/10.1080/03069885.2012.718733>.

113.

Richardson, J.: Objections to personal counselling in schools. *British Journal of Guidance & Counselling*. 7, 129-143 (1979). <https://doi.org/10.1080/03069887908258154>.

114.

Stallard, P.: School-based interventions for depression and anxiety in children and adolescents. *Evidence Based Mental Health*. 16, 60-61 (2013). <https://doi.org/10.1136/eb-2013-101242>.

115.

Winslade, J., Monk, G.: *Narrative counseling in schools: powerful and brief*. Corwin Press, Thousand Oaks, Calif (2007).

116.

Systematic Review of Solution Focused Brief Therapy., [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/184113/DFE-RR179.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/184113/DFE-RR179.pdf).