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## Motivational Career Counselling & Coaching: Cognitive and Behavioural Approaches

By Steve Sheward, Rhena Branch

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Motivational Career Counselling & Coaching: Cognitive and Behavioural Approaches, Steve Sheward, Rhena Branch, Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients? This book is for you. It is the first to combine the theory & practice of CBT with careers counselling, presenting cognitive & behavioural approaches to help clients think & act more effectively in challenging situations in order to obtain their goals. Providing clear, practical strategies & a wealth of materials that can be used with clients in one-to-one or group settings, the book introduces: - theory of cognitive & behavioural psychological approaches within the context of careers counselling. - motivational techniques to help clients succeed at interview - how to help clients make effective vocational/educational choices & excel in the workplace - professional issues i.e., assessment tools, ethical issues, evaluation - self-management, using CBT techniques on yourself. This is essential reading for trainees studying for a careers guidance qualification, as well as CBT trainees wishing to go on to careers counselling. Steve Sheward is a Careers Counsellor & CBT Therapist working in the NHS. He...



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