



Counselling Adolescents: The Pro-Active Approach

Kathryn Geldard, David Geldard

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This practical book has been specifically designed for students and professionals working with emotionally disturbed adolescents. It introduces the specific issues associated with counselling adolescents, and describes how traditional counselling skills can be enhanced by the use of pro-active processes for more effective use with this client group.

Kathryn and David Geldard: describe the nature of adolescence; explore adolescents' counselling needs, giving an account of the pro-active approach to counselling they developed for use with this client group; and describe the use of widely accepted counselling skills which enable the adolescent to arrive at strategies for addressing specific issues. The final part contains case

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