

# Counselling Children: A Practical Introduction

Counselling children is a rewarding but challenging profession. Children are not simply small adults, and they have unique needs and perspectives that must be taken into account when providing counselling services. This book provides a comprehensive overview of the principles and practices of child counselling, and offers practical guidance on how to help children cope with a wide range of issues, from anxiety and depression to grief and trauma.



## Counselling Children: A Practical Introduction

by Kathryn Geldard

★★★★☆ 4.8 out of 5

Language : English  
File size : 8701 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 381 pages



## Chapter 1: Understanding Children's Development

The first step to effective child counselling is understanding children's development. This chapter provides an overview of the physical, cognitive, and emotional development of children from infancy to adolescence. This knowledge is essential for understanding the challenges that children face at different stages of their lives, and for tailoring counselling interventions accordingly.

## **Chapter 2: The Principles of Child Counselling**

This chapter outlines the key principles of child counselling, including confidentiality, respect, and empathy. It also discusses the importance of creating a safe and supportive environment in which children can feel comfortable sharing their thoughts and feelings.

## **Chapter 3: Counselling Techniques for Children**

This chapter provides a detailed overview of a variety of counselling techniques that can be used with children. These techniques include play therapy, art therapy, and sandplay therapy. The chapter also discusses how to adapt these techniques to meet the needs of individual children.

## **Chapter 4: Common Issues in Child Counselling**

This chapter discusses some of the most common issues that children bring to counselling, including anxiety, depression, grief, and trauma. The chapter provides practical guidance on how to assess and treat these issues, and offers advice on how to support children and their families through difficult times.

## **Chapter 5: Ethical Considerations in Child Counselling**

This chapter discusses the ethical considerations that are involved in child counselling. These considerations include confidentiality, informed consent, and dual relationships. The chapter also provides guidance on how to handle difficult ethical dilemmas.

Counselling children is a complex and challenging but rewarding profession. This book provides a comprehensive overview of the principles and practices of child counselling, and offers practical guidance on how to

help children cope with a wide range of issues. With the knowledge and skills outlined in this book, you can make a real difference in the lives of children.



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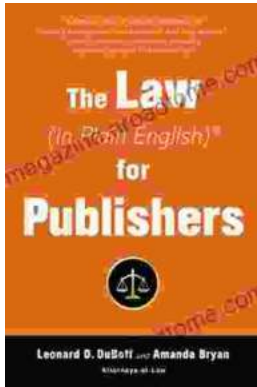
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