



# On Becoming a Counsellor: The Basic Guide for Non-Professional Counsellors

*Eugene Kennedy, Sara C. Charles*

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# On Becoming a Counsellor: The Basic Guide for Non-Professional Counsellors

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**On Becoming a Counsellor: The Basic Guide for Non-Professional Counsellors** Eugene Kennedy, Sara C. Charles

Since its first publication in 1977, Eugene Kennedy and Sara Charles's 'On Becoming a Counsellor' has become the one, indispensable resource for all those who, without extensive psychological training, must deal with troubled individuals - the confused, the grieving, the suffering, the immature, who so often turn to teachers, doctors, nurses, lawyers, clergy, and frequently to old friends. This new and completely revised edition will bring this already popular book up-to-date with the medical and psychological advances over the past ten years, and continue to provide non-professional as well as professional counsellors with all the essential tools they need to respond to people's problems with intelligence and compassion. The authors set forth the basic rules of sound, effective counselling in such areas as anxiety, neurosis, depression, obsession, marriage, death, bereavement, suicide, schizophrenia, alcoholism and drugs. The meaning and symptoms of real emergencies are explored, as are the aspects of interviewing, diagnosis, referral and emotional involvement.

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