

# Welcome to Counselling

We are looking forward to you joining us in the autumn. You may have studied this subject already or this might be completely new to you. Whatever your starting point, we are ready to support you with your learning.

You will find a range of resources below to help you prepare for your course. Keep notes about what you have found out or learnt to support your learning later on.

## Read

### Books | Magazines | Newspapers

Please find a range of books and magazines below, which we think you will find interesting and informative:

Cooper, M & O'Hara & M. Schmid, P & Bohart, A, (2013) The Handbook of Person-Centred Psychotherapy and Counselling Palgrave Macmillan: London

Egan, G. (2014). The Skilled Helper. Brookes Cole: CA

Frankland, A. & Sanders, P. (2009). Next Steps in Counselling. PCCS Books: Manchester

McLeod, J. (2019). An Introduction to Counselling and Psychotherapy: Theory. Open University Press, London

Mearns, B. & Thorne, D. (2013). Person-centred Counselling in Action. Sage: London

Rogers, C. (1964). On Becoming a Person. Constable: London

Samuels, J. (2020) This Too Shall Pass (Stories of Change, Crisis and Hopeful Beginnings): Penguin Life: London

Yalom, I (2001) The Gift of Therapy Piatkus: London

<https://thecreativecounsellorsclub.com/creative-counselling-magazine/>

## Watch

### TV | Movies | YouTube

Mental Health is a current issue that can be followed through a range of story lines in soap opera's, films and through YouTube (we highly recommend the **Ted Talks**) Please also keep up to date by watching the news and reading current affairs. Below are some series you might find interesting.

#### BBC Four - The Brain with David Eagleman



HBO Drama DVD

**inTREATMENT**

[www.channel5.com](http://www.channel5.com) > show > in-therapy



# Listen

## Podcast | Radio | Audible

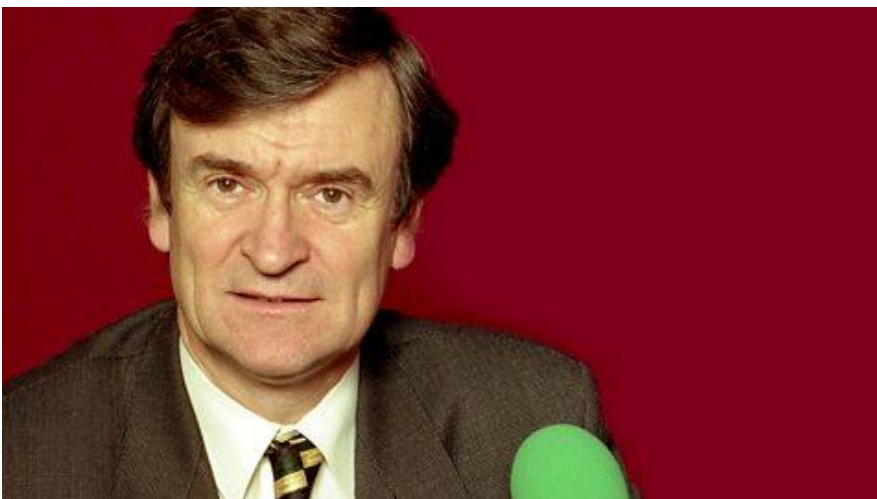
If you do not have access to a screen, some useful radio programmes can be downloaded and listened to anytime:



**BBC Radio 4 "All in the Mind"**



**BBC RADIO 4 "In Therapy"**



**BBC RADIO 4 "In the Psychiatrist's Chair"**

## Get Involved

In light of the current COVID-19 crisis, you may be in a position to help those in need of extra support. Working as a volunteer provides valuable experience through working for an organisation, developing listening and supportive skills and learning how to sign post. These skills are relevant and transferrable to a counselling training, so you might wish to contact an established and professional volunteer organisation.

