



Counselling Study Resource

What's inside the CSR

Study Help
Counselling Theory
Counselling Skills
Counselling Practice
CPD Practice
Equality, Diversity & Inclusion
Online Counselling
Specific Presentations
Neurodiversity
Loss and Bereavement
Approaches
Personal Development
Children and Young People



COUNSELLOR
RESOURCES

Study Help

General

LECTURES

- Surviving Counselling Training in the New Normal
- Dyslexia Awareness Resources
- Compare and Contrast Models of Therapy
- History of Counselling

RESOURCES

- An Introduction to the Theory and Practice of Counselling
- CDP Hours Tracker
- Exam Board Contact List
- First Counselling Session – Overview for Student Counsellors
- Opening a Session – Transcript
- Moving Up to the Next Level Checklist
- Preparing for a New Level – Essential Checklist
- Preparing for Your Next-Stage Interview
- Questions to Ask in a Counselling Interview

Academic Writing

LECTURES

- Minimising Stress in Academic Writing
- Academic Writing and Referencing
- Exam Techniques
- Counselling Assignment and Exam Techniques
- Cracking the Assignment Criteria



- Reflective Journaling
- Top Study Hacks
- Linking Skills to Practice in Assignments

RESOURCES

- 5 Tips on How to Use Academic Books for Your Assignments
- 5 Ways to Avoid Course Overwhelm
- Getting Your Assignment In Order
- How to Survive Counselling Training
- Linking Theory to Practice
- Three-Step Blueprint to Passing Your Skills Evaluation First Time

Placements

LECTURE

- Placement Workshop

RESOURCES

- Building Your Counselling CV
- Finding a Placement
- Making the Most of Your Placement
- Placement Hours Logbook
- Placement Information
- Questions at a Placement Interview



Case Studies

LECTURE

- Case Study Analysis

RESOURCES

- 5 Tips for Writing a Case Study
- Case Study Linked to Theory
- Creating a Case Study - Video
- Guide to Supervision Case Study
- Supervision Case Study Guide
- Writing a Case Study: 5 Tips
- Writing a Counselling Case Study

Research

LECTURE

- Research Workshop

RESOURCES

- 7 Planning Tips
- Agenda Checklist
- Presenting Your Research
- Research Methods
- Research Proposal
- Secondary Research Links
- The Importance of Research in Counselling
- Useful Links



Counselling Theory

Person-Centred

LECTURES

- 19 Propositions
- 7 Stages of Process
- Self-Concept in Person-Centred Therapy
- Rogers' 6 Necessary & Sufficient Conditions for Therapeutic Change
- The Life and Times of Carl Rogers
- 19 Propositions
- 7 Stages of Process
- Dialogical Theory
- Developments in Person-Centred Therapy
- Congruence
- UPR
- Relational Depth in Counselling
- Configurations of Self in Counselling
- The Seven Stages of Process
- Six Necessary and Sufficient Conditions

RESOURCES

- 19 Propositions
- 5 Criticisms of Maslow's Theory
- 7 Stages of Process
- Abraham Maslow - History and Overview
- Maslow - Jonah Complex
- Assignment Trigger Words for PCT
- Carl Rogers Biography
- Carl Rogers Potatoes Observation



- Key Events in the Life of Carl Ransom Rogers
- Biography of Carl Rogers
- Conditions of Worth
- Configurations of Self – Mearns
- Core Conditions
- Congruence
- What is congruence?
- Empathy
- Carkhuff and Truax Scale
- Carkhuff Rating Scales
- Unconditional Positive Regard
- Developing UPR
- Criticisms of Person-Centred Therapy
- Critique of Person-Centred Theory
- Eugene Gendlin's Focusing Therapy
- Fragile Process
- Frame of Reference
- Garry Prouty's Pre-Therapy: Theory
- Garry Prouty's Pre-Therapy: Application to Practice
- Historic Development
- Humanism: 5 Key Facts
- Introjected Values
- Locus of Evaluation
- Modern Ideas in PCT (1)
- Organismic Self
- Psychological Contact
- Self-Actualization
- What is Self-Actualization?
- Self-Concept
- A Client's Phenomenological View
- Phenomenology Linked to 19 Propositions
- Phenomenology Explained



- The Organismic Self (Video)
- The Philosophers of Person-Centred Therapy
- Underlying Theory
- The Good Life and the Fully Functioning Person
- Frame of Reference 2
- Humanism
- Person-Centred and Experiential Psychotherapy Scale (PCEPS)

Integrative

LECTURE

- Integrative Counselling Approaches

RESOURCES

- 4 Types of Integrative Therapy
- SOLER – Gerard Egan
- The Skilled Helper
- Integrative Approaches
- Integrative Therapy 101
- Clarkson's Relational Model
- Clarkson's Seven-Level Model

Transactional Analysis

LECTURES

- Working with Life Scripts in TA
- Analysing Transactions in TA
- Identifying and Working with Ego States
- Understanding and Working with Attachment Styles
- Understanding Key Concepts in Transactional Analysis
- Working with Transference, Countertransference and Projection



- Introduction to the Principles of TA Therapy
- Ego States in Transactional Analysis
- Life Scripts in Transactional Analysis
- Working with Hungers and Strokes in Transactional Analysis

RESOURCES

- Biography of Berne
- Cathexis
- Classical TA
- Drivers and Injunctions Graphic
- Ego States
- Games in TA
- History of TA – E-book
- Injunctions & Drivers
- Interview with Bob Cooke
- Karpman Drama Triangle
- Life Script
- Martin Buber's I and Thou
- PAC Ego States of TA
- Racket Feelings and Stamp Collecting
- Redecision Therapy
- Redecision School
- Relational Transactional Analysis
- TA History
- Transference
- Erotic and Eroticized Transference
- Erotic Transference
- How to Recognise Your Own Transference
- Transference and Counter Transference
- What is Transference and Countertransference
- Working with Transference
- Object and Object Transference
- Working with Hungers and Strokes in TA



Behavioural

LECTURES

- Introduction to Cognitive Behavioural Therapy
- Acceptance and Commitment Therapy
- Using the ACT Matrix
- REBT

RESOURCES

- Behavioural Interventions and Coping Techniques
- CBT – Useful Literature Sources
- CBT and Other Modalities – Similarities, Differences and Developments
- CBT Model of Emotional Disorders and Mental Health Conditions
- CBT Session Structure and Use of Homework
- Cognitive Interventions
- Dialectical Behaviour Therapy
- Diversity in CBT Work
- George Kelly: Biography and Personal Construct Theory
- George Kelly: Schemas
- History of CBT and the ABCDE Model
- How CBT Tackles Cognitive Errors
- Irrational Thought List
- Problem Lists, Case Formulations and Treatment Plans
- Professional Effectiveness – Supervision, Clinical Audit and Continuing Professional Development
- Albert Ellis 1 : REBT
- Albert Ellis 2: The ABCDE Model
- REBT and CBT: Similarities and Differences
- Self-Awareness and Personal Development as a CBT Therapist



- Systematic Treatment Selection
- The CBT Working Alliance
- Working Safely, Legally and Ethically in CBT
- Biopsychosocial Model and Case Formulation

Psychodynamic

LECTURES

- Sigmund Freud: Key Theories
- Donald Winnicott's Theories of Attachment
- Psychosexual Development
- Relating Ego and Self: Exploring Jung's Memories, Dreams and Reflections on the Collective Unconscious and Its Archetypes

RESOURCES

- Alfred Adler 1: Inferiority/Superiority Complexes and Compensation/Overcompensation
- Alfred Adler 2: Personality Theory and Styles of Life
- Alfred Adler 3: Disagreement with Freud
- Jung and the Shadow Self
- Carl Jung: A Brief History
- Defense Mechanisms
- Donald Winnicott's True and False Self
- Heinz Kohut 1: Self-Psychology Theory
- Heinz Kohut 2: Self Psychology in Practice
- History of Psychoanalysis
- Key Theory in Modern Psychoanalytical Approaches
- Margaret Mahler and the Separation-Individuation Theory
- Object and Object Transference
- Object Relations – Key Quotes
- Object Relations Theory



- Object Relations Theory – Essential Assignment Quotes for Students
- Relating Ego and Self
- Oedipus
- Psychoanalysis
- Psychoanalytical Theory: Id, Ego and Superego
- Psychodynamic Terms
- Psychosynthesis: The Key Ideas
- Roberto Assagioli: Biography
- Sigmund Freud – Id, Ego, Superego
- Wilfred Bion

Attachment

LECTURES

- Understanding and Working with Attachment Styles
- Donald Winnicott's Theories of Attachment
- Attachment Theory

RESOURCES

- Attachment Styles
- What's Your Attachment Style?



Gestalt

LECTURE

- Introduction to Gestalt Therapy

RESOURCES

- Experiments in Gestalt Therapy
- Field Theory
- Gestalt Key Terms
- Gestalt -Key Words
- Gestalt Overview
- Gestalt Paradoxical Theory of Change
- History of Gestalt
- Pillars of Gestalt
- The Practice of Gestalt therapy
- Topdog and Underdog in Gestalt Therapy

Existential

LECTURE

- Existential Psychotherapy and Counselling
- Introduction to Existential Therapy
- Existential Therapy

RESOURCES

- 5 Ideas in Existential Counselling
- Existential Concepts
- Existential Psychology Key Ideas
- Existential Therapy 101
- Key Figures
- Logotherapy – Victor Frankl
- Yalom's Therapeutic Factors



Others

LECTURE

- Petruska Clarkson's 5 Relationship Model
- Erikson's Stages of Human Development
- An Introduction to Emotion Focused Therapy
- Pluralistic Counselling
- Relational Depth
- Single Session Therapy
- Adverse Childhood Experiences (ACEs)
- Transference and Countertransference
- Counselling Theories: Strengths and Limitations

RESOURCES

- Counselling Approaches Quick Comparison Checklist
- Counselling Theory Key Terms Cheat Sheet
- Difference Between a Counsellor and Those Who Use Counselling
- Difference between Counselling and Other Helping Activities
- Fundamentals of Counselling
- History of Counselling
- Major Counselling Theories Compared and Contrasted
- The Importance of Theory in Counselling
- Cognitive Dissonance
- Criticisms of Erikson's Theory
- EMDR Explained
- Erik Erikson – Lifespan Development
- False Memory Syndrome
- Lazarus's BASIC ID Model
- Motivational Interviewing
- Prochaska and DiClemente
- Narrative Therapy



- Neuroplasticity
- Piaget's Stages of Cognitive Development
- Postmodern Therapy
- Solution-Focused Brief Therapy
- Empty Nest Syndrome
- Systems Theory in Counselling
- Trauma Bonding
- Tuckman's Team Development Model
- Therapeutic Stance



Counselling Skills

General

LECTURES

- Reflecting and Paraphrasing
- Skills Evaluation + Skills Toolbox
- Configurations of Self or Subpersonalities
- Implicit and Explicit Patterns of Relating
- How to Structure a Counselling Skills Session
- Advanced Counselling Skills – Working with Metaphors
- Linking Skills to Practice in Assignments
- Pacing
- Barriers to Communication

RESOURCES

- Metaphor
- Paraphrasing
- Relational Depth in Counselling
- Skills Worksheets
- 4 Rules of Therapeutic Pacing
- Active Listening using SOLAR
- SOLER – Gerard Egan
- Skills and Techniques in Pacing



Challenge

LECTURES

- The Skill of Challenge
- The Skill of Challenge

RESOURCES

- Challenge Checklist
- When to Use Challenge in the Counselling Relationship

Empathy

LECTURE

- Radical Empathy
- Using the Skill of Empathy in Counselling

RESOURCE

- Empathy Responses
- Using the Skill of Empathy in Counselling

Focusing

LECTURE

- Using the Skill of Focusing in Counselling

RESOURCES

- Focusing
- The Skill of Focusing
- Using the Skill of Focusing in Counselling



Immediacy

LECTURES

- Working with Immediacy
- Immediacy in Counselling

RESOURCE

- Examples of Immediacy

Questioning

LECTURES

- Advanced Counselling Skills – Use of Questioning
- The Skill of Questioning

RESOURCE

- Appropriate Use of Questions

Rapport

LECTURES

- Counselling Skills: Rapport
- Rapport in Counselling

RESOURCES

- 5 Ways of Building Rapport
- Rapport Building



Silence

LECTURE

- Using Silence Effectively

RESOURCES

- Skill of Silence
- Silence

Attending

LECTURES

- Attending in Counselling
- Counselling Skills: Attending

RESOURCE

- Attending Explained

Summarising

LECTURE

- Summarising in Counselling

RESOURCE

- The Skill of Summarising Explained



Counselling Practice

Presentations

LECTURES

- Different Models of Mental Health
- Co-Dependent Clients
- Understanding and Working with Attachment Styles
- Preparing to Work with Anger
- Using Timelines in Counselling
- Therapeutic Relationship
- Hard-to-Help Clients
- Co-dependent Clients
- Clients who Self-Harm
- Counselling for Chronic Illness
- Introduction to Suicide Awareness
- Counselling Clients in Substance Misuse
- Working with Shame
- Working with Suicidal Clients

RESOURCES

- Anger in the Therapy Room
- Grieving Process
- Secondary Loss
- Dual Process Model of Grief
- Elisabeth Kübler-Ross
- Tasks of Grieving
- Common Mental Health Problems: Identification and Pathways to Care
- How Anxiety is Seen in Different Models of Counselling
- How Counselling Theories View Common Mental Health Issues



- Obsessive-Compulsive Disorder – Overview
- Obsessive-Compulsive Disorder – Therapeutic Treatments
- Working with Clients Who Have a Formal Mental Health Diagnosis
- Trauma-Informed Practice
- The BASIC Ph Model for Resilience and Trauma
- Working with a Third Person in the Room
- Working with Clients Going through a Court Case
- Working with Clients on Medication
- Pharmaceutical Drugs Guide
- Working with Suicidal Clients
- Working with Shame

Practice Management

LECTURES

- Counselling Contracts
- Note Taking in Counselling
- Advanced Counselling Skills – Contracting
- Using Contracting to Negotiate the Working Alliance
- Assessments in Counselling
- Using Measurement in Therapy

RESOURCES

- Assessing Clients
- GAD Assessment Tool
- Why Do a Counselling Assessment?
- Autonomy-Centred and Process-Centred Practice
- Boundaries in Counselling
- Counselling and the Law
- Contracting in Counselling
- Counselling Contract Checklist
- Counselling Contract Example



- Client Break
- When Clients DNA
- When Clients Do Not Attend
- Dealing with Emergency Phone Calls
- Endings
- Guidance on Writing Letters
- Handling Disagreements with Colleagues
- Good Practice in Note Taking
- Notes
- Why Do We Take Notes?
- Phones in the Counselling Room
- Professional Will
- Recording Clients
- Appropriate Referrals
- Making an Ethical Referral
- Making a Referral
- Reviewing Progress
- Reviewing Client Progress
- Stages in Counselling
- The Art of Closing a Counselling Session
- The Law
- Understanding GDPR
- When a Client Dies
- Working in a Multidisciplinary Team
- Therapeutic Frame



Professional Considerations

LECTURE

- Contemporary Issues in Counselling

RESOURCE

- The Middle Phase of Counselling

Ethical Practice

LECTURES

- Boundaries in Counselling
- Ethical Problem Solving
- Endings in Counselling
- Continuous Professional Development / BACP Proficiency
- An Introduction to GDPR – Data Protection
- Exploring Beliefs, Values and Attitudes
- New 2018 BACP Ethical Framework
- Ethics in Counselling
- Note-Taking in Counselling
- Understanding GDPR for Therapists

RESOURCES

- Good Confidentiality Habits for Counsellors
- Confidentiality: A Legal or Ethical Requirement?
- When to Break Confidentiality in Counselling
- Ethical Frameworks
- Ethical Problem Solving
- Ethics
- Ethics in Assignments
- Power in the Counselling Relationship
- SCoPEd
- What are Ethical Bodies?



- What Is the Role of an Ethical Body?
- What Is Unethical Behaviour?
- Working with Conflicting Ethical Frameworks
- Working within Your Competence



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CPD: Practice

Practice Management

LECTURES

- Working in Prison Counselling

RESOURCES

- Writing a Referral Letter
- Differences between Agency and Private-Practice Working
- Private Practice Guide
- Working in Prison Counselling

Professional Considerations

LECTURES

- Working Safely with Erotic Transference and Countertransference
- Understanding and Managing the Impact of Vicarious Trauma
- Understanding the Role of Humour in Counselling
- Introducing Breathwork for Counsellors

RESOURCE

- Understanding and Managing the Impact of Vicarious Trauma
- The Role of Humour in Counselling
- Breathwork for Counsellors



Ethical Practice

RESOURCE

- Respecting Social-Media Etiquette in Counselling

Supervision

LECTURES

- Using Supervision
- Different Models of Supervision
- Engaging with Supervision

RESOURCES

- Case Study: Supervisee Self-Care
- Developing Your Internal Supervisor
- Generic Tasks of Supervision
- Interpersonal Process Recall: Application
- Interpersonal Process Recall: Questions
- Interpersonal Process Recall: Theory
- Models of Supervision
- Supervision
- Supervision Checklist
- Supervision: A Brief Overview
- The Seven-Eyed Model of Supervision
- Engaging with Clinical Supervision



Equality, Diversity and Inclusion

LGBTQIA+

LECTURES

- An Introduction to Minority Stress Processes in Lesbian, Gay and Bisexual Individuals
- Talking Respectfully about Sexuality and Gender Identity with Clients
- Working Inclusively with the LGBTQ+ Community

Gender

LECTURE

- Sex in Counselling

RESOURCE

- The Women Who Changed Counselling

Race and Culture

LECTURES

- Developing Core Competence in Race and Culture: Eight Reasons Why It Matters
- Understanding the Race, Culture and Anti-Discrimination Competence Framework
- Introducing Difference, Diversity and Inclusion Using Anti-Oppressive Practice Foundations



RESOURCES

- Cultural Working
- Division and Heritage
- Introducing Difference, Diversity and Inclusion Using Anti-Oppressive Practice Foundations
- Exploring Culture
- What is Cultural Heritage?
- The Race, Culture and Anti-Discrimination Competence Framework

Disability

LECTURE

- Common Myths Around Disability and Therapy

RESOURCE

- Working with Sight-Impaired Clients

Others

LECTURES

- Counselling in a Diverse Society
- Equality and Diversity in Counselling

RESOURCES

- Stereotypes
- Sex in the Therapy Room
- Discussing Sex in Therapy
- The Socio-Political Nature of Counselling
- 5 Ways of Working with Diversity



- Attribution Bias
- Discrimination
- Equality & Diversity in Counselling
- How Diversity Impacts on the Therapeutic Relationship
- Power Difference



Online Counselling

LECTURES

- Online and Telephone Counselling
- Assessing Effectiveness in Online Therapy
- An Introduction to Online and Telephone Counselling for Students

RESOURCES

- Benefits and Challenges of Working Online
- Black Hole Effect – What It Looks Like in Practice
- Contracting for Online Therapy
- Cyber Trauma
- Developing an Online Mindset
- Disinhibition Effect: What It Looks Like in Practice
- Managing Risk in Online Therapy
- Online Counselling Training
- Online Therapy Competencies
- Safety Considerations in Online Therapy
- Specific Areas of Contracting in Online Counselling
- Synchronous and Asynchronous Communication
- The Black-Hole Effect in Online Counselling
- The Disinhibition Effect in Online Therapy
- What is Online Counselling and Psychotherapy?
- Challenges of Working Internationally



Specific Presentations

General

LECTURES

- Supporting Maternal Mental Health
- Supporting Clients through Life Transitions
- Working with Millennial Clients
- Understanding and Managing Loneliness
- Overcoming Imposter Syndrome

RESOURCES

- Working with Millennial Clients
- Boarding School Syndrome
- Understanding and Managing Loneliness
- Overcoming Imposter Syndrome

Mental Health

LECTURE

- An Introduction to Anxiety Disorders
- Overcoming Perfectionism and Self-Sabotage
- Talking about Depression: A Transactional Analysis Perspective
- Working with Guilt
- Distinguishing PTSD and Complex PTSD



RESOURCE

- Empty Nest Syndrome
- Overcoming Perfectionism and Self-Sabotage
- Depression: A Transactional Analysis Perspective
- Working with Guilt
- Distinguishing PTSD and Complex PTSD

Trauma

LECTURES

- Using Trauma-Informed Grounding Techniques in Therapy
- Trauma and Brain Plasticity
- Stockholm Syndrome
- Trauma and the Brain
- Polyvagal Theory



Neurodiversity

LECTURES

- Counselling ADHD
- Counselling Autistic Clients
- Working with Autism

RESOURCE

- Working with Clients with Autism

Loss and Bereavement

LECTURES

- Counselling Clients Experiencing Ambiguous Loss
- Working with Grief and Bereavement
- Preparing to Work with Loss and Bereavement
- Bereavement Awareness
- Children and Loss
- Grief Recovery Approach to Grief and Loss
- Working with Bereaved Children: Theory and Practice
- Understanding How Adverse Circumstances Can Complicate Grief

RESOURCES

- Counselling Clients Experiencing Ambiguous Loss
- Working with Grief
- How Adverse Circumstances Can Complicate Grief



Approaches

LECTURES

- Introduction to Couples Counselling
- Providing Time-Limited Counselling in the NHS
- Using Creative Writing for Therapeutic Purposes

RESOURCES

- Differences between Eclectic, Integrative and Pluralistic Therapy
- Using Creative Writing for Therapeutic Purposes

Personal Development

General

LECTURES

- Personal Development and Preparing for PD Groups
- Developing Your Professional Learning
- Models of Personal Development
- Linking Theory to Personal Development
- Exploring Beliefs, Values and Attitudes

RESOURCES

- 5 Ways to Be a Reflexive Practitioner
- 6 Ways to Kick-Start Your Personal Development Plan
- Clothing and Counselling
- Compulsory Therapy in Counselling Training: An Oxymoron?
- Gibbs Reflective Cycle
- Growing as a Therapist



- Importance of Networking for Counsellors
- Johari's Window
- Reflexive Practice
- Reflexivity in Counselling
- Self-Disclosure in Counselling
- The Wounded Healer
- Therapeutic Use of Self
- Training with a Difficult Past
- Use of Self in Counselling
- When Clients Frighten You
- Careers in Counselling and Psychotherapy

Self-Care

LECTURES

- Self-Care
- Feelings of Incompetence / Imposter Syndrome
- Overcoming Procrastination for Counsellors
- Exploring Beliefs, Values and Attitudes
- Understanding and Preventing Counsellor Compassion Fatigue
- Why Did You Become a Helper?
- Understanding and Managing Stress for Therapists

RESOURCE

- Counsellor Compassion Fatigue
- Understanding and Managing Stress for Therapists



Children and Young People

LECTURES

- Working with Children in Therapy
- Preparing to Work with Young People

RESOURCE

- Theories of Child Development



CLICK HERE for more information on CSR

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