



The Counselling Approach to Careers Guidance

Lynda Ali, Barbara Graham

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Through detailed case material the authors show how to use counselling strategies with clients seeking careers guidance to enable them to change unhelpful patterns of thought and to move towards achievable goals.

This book:

- * offers a series of tasks for structuring interviews and assesses materials available to careers counsellors
- * discusses important issues affecting their training and development within the public sector.

This is a useful handbook for experienced advisers and trainees in the careers service and a range of professional settings.

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