



Nelson-Jones' Theory and Practice of Counselling and Psychotherapy

By *Richard Nelson-Jones*

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This **sixth edition** provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today. Comprehensive and accessible, it now includes two brand new chapters on Mindfulness and Positive Therapy, as well as additional content on **ethics**, on **new developments** in each approach, including the **latest research** and **updated references**.

Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Each chapter also contains review and personal questions. Richard Nelson-Jones' authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training.

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Editorial Review

Review

The new edition retains the original clarity of writing and refreshing experience-near qualities which made it stand out from its competitors, and has been updated in light of new research findings in relation to problems of living in an information-age. It is an excellent resource for trainees and educators both.

(Jim McLennan 2014-07-30)

About the Author

Richard Nelson-Jones was born in London in 1936. Having spent five years in California as a Second World War refugee, he returned in the 1960s to obtain a Masters and Ph.D from Stanford University. In 1970, he was appointed a lecturer in the Department of Education at the University of Aston to establish a Diploma in Counselling in Educational Settings, which started enrolling students in 1971. During the 1970s, he was helped by having three Fulbright Professors from the United States, each for a year, who both taught students and improved his skills. During this period he broadened out from a predominantly client-centred orientation to becoming much more cognitive-behavioural. He also wrote numerous articles and the first edition of what is now *The Theory and Practice of Counselling and Therapy*, which was published in 1982. In addition, he chaired the British Psychological Society's Working Party on Counselling and, in 1982, became the first chairperson of the BPS Counselling Psychology Section.

In 1984, he took up a position as a counselling and later counselling psychology trainer at the Royal Melbourne Institute of Technology, where he became an Associate Professor. He continued writing research articles, articles on professional issues and books, which were published in London and Sydney. As when he worked at Aston University, he also counselled clients to keep up his skills. In 1997, he retired from RMIT and moved to Chiang Mai in Thailand. There, as well as doing some counselling and teaching, he has continued as an author of counselling and counselling psychology textbooks. A British and Australian citizen, he now divides his time between Chiang Mai and London and regularly visits Australia.

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