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## NURSES' COUNSELLING -

The view from practitioners

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This book presents an overview of nurses' counselling in different areas representative, of psychiatric nursing. It is divided into ten chapters, each dealing with counselling on a different level. Chapter one presents a critical evaluation of the obstacles in counselling, as well as the undertaking of research in this field.

In following chapters different authors write about their own experience in counselling diverse situations. Chapter two specifically addresses behavioural change. This concept is clearly explained by the author, through the application of behaviour principles.

Chapter three focuses on effective communication within the counselling relationship. Various scenarios are utilised which contribute to the user-friendliness and easy understanding of the chapter. In chapter four the counselling of children is discussed. Basic principles and the *talking to children* approach is relayed to the reader.

Counselling of the nurse and the importance of taking care of the *care-giver*, is the subject of chapter five, while chapter six focuses on counselling in the field of psychiatric and forensic nursing. Specific theoretical frameworks and prerequisites for this kind of counselling are explained.

Crisis counselling and counselling in times of bereavement as well as the discussion of different theoretical approaches to mentioned types of counselling, are broadly outlined in chapters eight and nine

Chapter ten is very significant to the South African context, since it raises the important issue of cross-culture counselling. Knowledge regarding different cultures and correct attitudes are emphasised as essential factors in the preparation of the health worker.

In this book theory and case examples are combined to highlight the problems and potential pitfalls of nursing counselling, but also the practicalities attached to the different areas of nursing counselling. The single most valuable aspect of this book is the way in which various approaches to counselling are demonstrated. Every individual is unique and thus unique contributions are made to each counselling session. The real skill behind effective counselling is to effectively communicate with uniquely troubled individuals.

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