

"A charming, eloquent and beautifully presented text that accounts for students transitioning between introductory to mainstream counselling skills and diploma courses. The text offers an interesting and refreshing balance between classical theoretical approaches in key psychological research and their application to understanding the human being who presents as a client.

The text is well laid out and takes the reader on a journey with a rich and exciting itinerary that includes travelling from historical antecedents of our curiosity and misapprehension about mental illness in prehistoric times to the turbulent white waters of cutting-edge research in current counselling theory and application. Claringbull has a relaxed and engaging style of writing that makes 'What is Counselling and Psychotherapy' easily accessible to newcomers and practitioners alike. Clear fresh diagrams are used liberally throughout the text to present complicated relationships between ideas in a friendly and useful manner. The text encourages readers to think and contemplate topics liberally supported with case study vignettes and activities followed by reflection points.

Each chapter follows the same blueprint that enables the reader to appraise themselves of the overview of the key concepts at the beginning, followed by relevant, jargon-free information incorporating the above facets and ending with reflection points and suggested further reading with reviewed texts. Part 3 is specifically important in exploring where therapists work and is supported by detailed case studies that give an in depth overview of the application of counselling skills and practice in the industry. This is a necessary and important addition to such a key subject matter. I have no hesitation in heartily recommending this text to students (and anyone interested in the subject) on all counselling courses; practicing therapists and counsellors will also find the text of use. It will be a pleasure to adopt Claringbull's valuable contribution as a definite text for my students and as a reference to some clients who may benefit from greater insight."

- B. Raithatha, Counselling Psychologist and Lecturer.