

Learning Resource Centres

Resources for Counselling

This guide will help to make you aware of the resources we have in the Learning Resource Centre or LRC.

These are not just limited to the books you can see on the shelves- we have lots of online resources too.

1) Books

Here are some of our recent additions to stock:

Author	Title	Class Number
Meier, A	Counselling and therapy techniques	158.3
Hanley, T	Introducing counselling and psychotherapy research	158.3072
McLeod, J	An introduction to counselling and psychotherapy research	158.3072
Casemore, R	Person-centred counselling in a nutshell	361.06
D'Ardenne, P	Counselling in transcultural settings	361.06
Mearns, D	Person-centred counselling in action	361.06
Nelson-Jones, R	Introduction to counselling skills	361.06
Reid, H	Effective supervision for counsellors	361.06
Bright, G	Understanding research in counselling	361.06072
Prever, M	Counselling and supporting children and young people	361.06083
Coomber, R	Key concepts in drugs and society	362.29
Bager-Charleson, S	Personal development in counselling and psychotherapy	616.8914
Duerzan, E	Existential counselling and psychotherapy in practice	616.8914
Feltham, C	The SAGE handbook of counselling and psychotherapy	616.8914
Green, J	Creating the therapeutic relationship in counselling and psychotherapy	616.8914
Pennington, A	The student guide to counselling and psychotherapy approaches	616.8914
Reeves, A	An introduction to counselling and psychotherapy	616.8914
Tolan, J	Skills in person-centred counselling and psychotherapy	616.8914
Weatherhead, S	The pocket guide to therapy	616.8914
Joyce, P	Skills in gestalt counselling and psychotherapy	616.89143
Kim, J	Solution-based brief therapy	616.89147

The books are arranged on the shelves in the LRC in class number order. Use the web catalogue to find the class number for the book you want.

If the book you are looking for is at the University Centre, we can get hold of it for you- please ask LRC staff. You can also request a book which is out on loan to someone else and we will keep it for you when it is returned- again, please ask us.

Some of the books you need are in the social sciences section at class number 361.06.

Other books are found in the medical section at 616.8914- these are books on therapy.

Most of the books can be borrowed for 3 weeks and you can renew them if no one else has asked for them.

2) e-books

e-books are available online 24/7- that means they are never out on loan and you can't incur fines for them.

We have 2 e-book sites. **Dawsonera** has books that we have paid for and which are often recommended by tutors. **Ebrary** is a free site that contains lots of textbooks. You can access e-books on the LRC's e-library or via the LibGuide for Counselling- ask a member of LRC staff to show you how.

Books for counselling on Dawsonera:

Author	Title
McLeod, J	Counsellor's workbook
McLeod, J	Introduction to counselling
Feltham, C	Brief counselling

Books for counselling on Ebrary:

Author	Title
Gilbert, P	Counselling for depression
Sanders, D & Willis, F	Counselling for anxiety problems
Orbach, S	Counselling older clients
Sanderson, C	Counselling adult survivors of child sexual abuse

3) DVDs

We have a small selection of DVDs which can be borrowed for 1 week:

Title	Class Number
When someone dies	361.06
Listening and counselling skills	361.06
Ending therapy	361.06

4) Online resources

Journals or magazines are good sources of up-to-date information as many are published every week or month. They can be in paper form or held electronically. Electronic journals can often be accessed via databases.

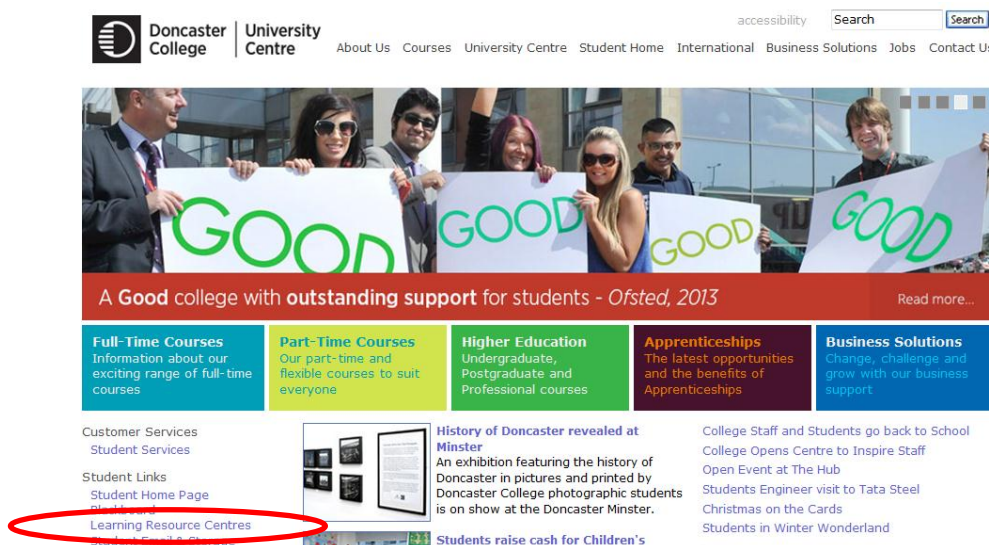
We have **Therapy Today** in electronic form. You can access it via the database **Psychology and Behavioral Sciences Collection**.

Psychology and Behavioral Sciences Collection also allows you to look at other journals for counselling. You can search by keyword to find articles and then print them off or save them.

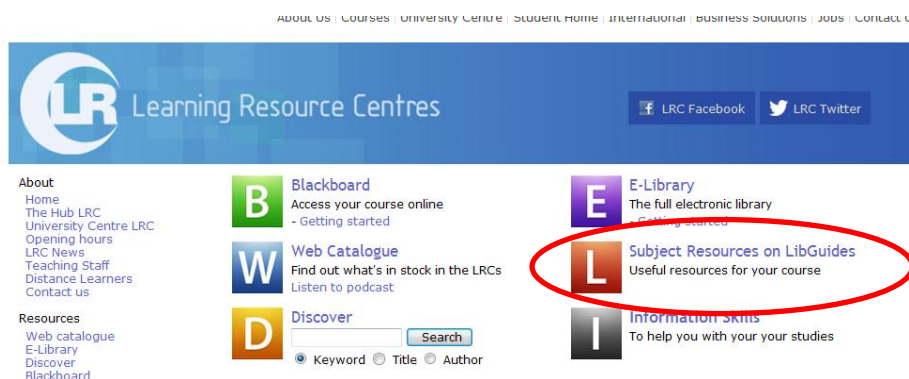
5) Libguide for Counselling

The LibGuide for Counselling is a good place to start your research- it is a kind of one-stop-shop for finding books, e-journals and e-books. It also gives you information on study skills and useful websites.

To find it, go to the College homepage and click on the link for Learning Resource Centres:



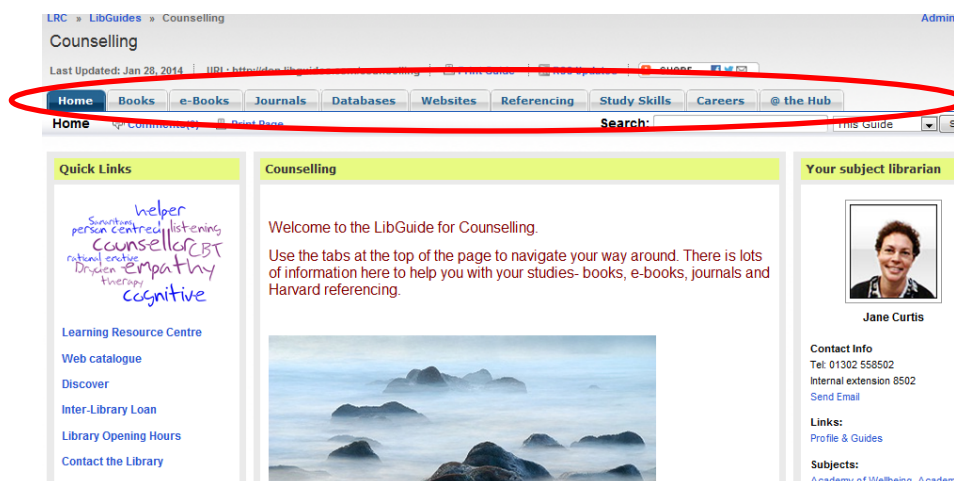
Next, click on the red button:



Finally, select the LibGuide for Counselling:



Use the tabs along the top of the guide to find your way around:



You should now have a better idea of all the resources for your course- please ask a member of LRC staff if you need help in using them. Alternatively, ask your tutor to arrange an information skills session with your subject librarian.