



# Helping the Client: A Creative Practical Guide

*John Heron*

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'Those who claim to have counselling among their skills should read this book and reflect on their own practice. This would in itself be a growth experience for many' - *British Journal of Psychiatry*

'The author rewards one with a wealth of interventions which are, as the subtitle suggests, very creative but also very practical' - *Nursing Times*

Helping the Client is the bestselling text which has long been used as the basis of interpersonal skills training in a wide range of professions from medicine to management. Based on John Heron's well-known six category model, the book presents different forms of helping behaviour which can be adopted by any practitioner working face-to-face with a client.

Drawing on his many years of experience as a therapist, consultant and teacher, the author explores the contexts and issues associated with these different forms of helping and, for each, describes a wide range of practical interventions for the practitioner to use. He examines the objectives of helping, states of personhood, the many ways in which helping can degenerate, the preparation and training of the practitioner, and examples of how the interventions can be used by different occupational groups.

Helping the Client is the **Fifth Edition** of the book originally entitled **Six Category Intervention Analysis**. Revised and enlarged throughout, with a new chapter on co-working, the book remains essential reading for the development of interpersonal skills, in counselling, management, health care, social work, youth and community work, education, and many other professions.

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