



## The Counselling Sessions: Overcoming Feelings of Irritability and Anger in Relationships (Paperback)

By Louise Palmer

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book shows a scripted conversation between a counsellor and a client over six counselling sessions. It is based on real-life counselling sessions. The themes are based on real events that occurred during counselling sessions with various clients who were struggling to control their feelings of irritability and anger towards their partner. Before coming to the counselling sessions, the clients were experiencing increasing resentment towards their partner which was threatening the strength and happiness of their relationship. There are brief counsellor notes throughout each session to help the reader understand why the counsellor asked particular questions or responded in a certain way. The therapy used is called Solution Focused Therapy . It is a brief therapy that is designed to focus on the resources of the client. It focuses on strengths and aims to help the client become aware of their own solutions through a specific set of questions. It encourages the client to think about the future and only uses the past as a means to identify what works and does not work for the client. About the Author Louise Palmer...



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