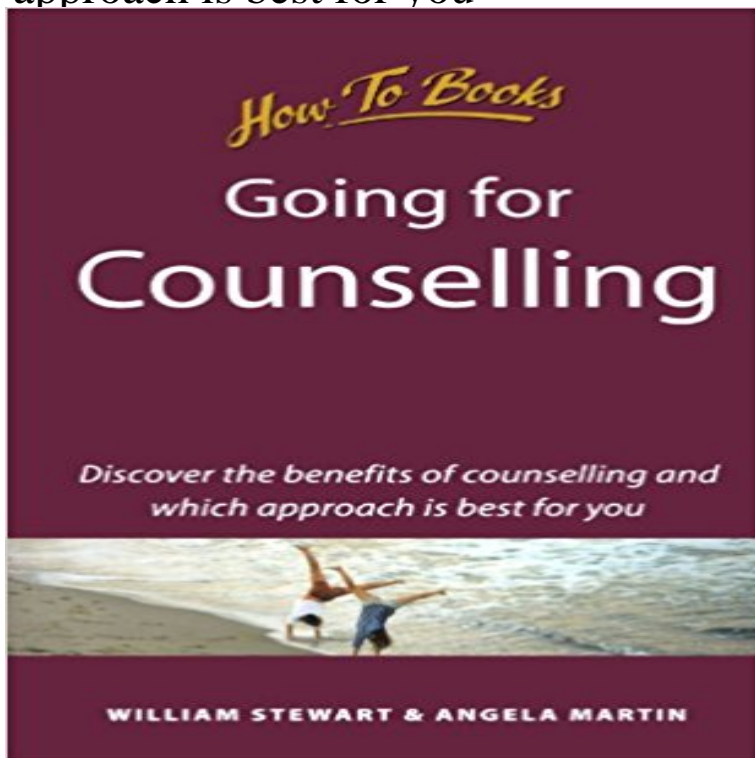


# Going for Counselling: Discover the benefits of counselling and which approach is best for you



A basic resource for counsellors in training and anyone in the helping professions. The authors provide advice on how to choose the right kind of counsellor.

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