



Time-Limited Therapy in a General Practice Setting: How to Help within Six Sessions

Glyn Hudson-Allez

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`[An] excellent book... an important source of learning, bringing clarity and insight into often isolated areas' - *Counselling in Medical Settings (CMS) Journal*

`Glyn Hudson-Allez's book is very well researched and clearly written... time-limited therapy is an effective and professional means of offering practical help and the book is highly recommended reading for all counsellors wishing to work in this way' - *Family Practice*

As general practitioners are increasingly capping provision of counselling sessions, time-limited therapy skills are becoming ever-more important to counsellors working alongside GPs. Time-limited therapy provides a specific set of skills which enable counsellors to cope successfully with the large number and wide range of referrals they can receive in primary care settings.

This book covers both difficulties commonly presented in primary care, such as anxiety, stress, bereavement and depression, and problems not usually considered appropriate for working within a time-limited framework - such as eating disorders, medical complaints and abuse: the author shows that clients with such problems can also be helped effectively.

Integrating counselling skills with psychological knowledge, Glyn Hudson-Allez outlines the psychological and physical aspects of each problem and provides concise guidelines, with illustrative case studies, on how time-limited therapy can be used efficiently in each case. She also discusses the administration and evaluation of a counselling service within primary care.

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