



Rehabilitation Counselling in Physical and Mental Health

Kim Etherington

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Individuals experiencing rehabilitation are subject to profound life adjustments, and the contributors to this book explore how the relationship between counselor and client can be a source of support during that time. Describing pioneering initiatives in a range of rehabilitation settings, the authors draw out the historical background and theoretical implications of their work and make recommendations for good practice.

Rehabilitation experiences in both physical and psychological health care are described, including those of survivors of strokes, problematic drug or alcohol users, people who have sustained hearing loss or head injury and those affected by chronic bowel disorder and multiple sclerosis. Contributors describe the innovative work they are undertaking in NHS rehabilitation settings such as a head injury unit and a post-operative rehabilitation counseling service. Other contributions include a chapter from the perspective of a counselor within a voluntary organization, the Bristol Area Stroke Foundation, and a chapter by a counselor working with clients undergoing community rehabilitation. Several chapters are written from the client's perspective by authors who have themselves received counseling as part of their program of rehabilitation.

This pioneering book introduces the reader to creative approaches to research and counseling, including the use of poetry, groupwork and narrative ideas, and will inform the work of counselors, clients, health care workers and policy makers.

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