

COUNSELLING YOUNG PEOPLE

Practical and clearly written, this new book from best-selling author Louise Porter equips mental health professionals with the knowledge and skills they need to provide insightful guidance and support to children and adolescents.

The book introduces exciting new models for thinking about young people's needs, self-esteem and resilience that will invigorate counselling. It outlines the most common presenting difficulties for young people and provides clear, practical guidance on how professionals in a counselling environment can respond to these in an effective way. Offering a coherent blend of theories and practices, chapters address a wide range of emotional, social, behavioural and learning difficulties with which young people may present to counselling, such as experiences of grief and loss, anxiety and depression, disordered eating, and dealing with adversity. With an aim to empower, the book presents a non-pathologising approach to counselling that respects the skills that young people bring to working through their challenges.

Accessible for professionals and trainees alike, this book is a must-have for anyone working in a counselling capacity with children and adolescents.

Louise Porter is a child psychologist with 40 years' experience working with young people with social, emotional, behavioural and developmental challenges. She is a university lecturer, national and international speaker, and author of many books on parenting, children's needs, and behaviour guidance.

COUNSELLING YOUNG PEOPLE

A Handbook for Trainees and Practitioners

Louise Porter

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I wrote this book on the land of the Gubbi Gubbi and Ningy Ningy peoples,
who are part of the Undambi peoples.

I acknowledge and respect their continuing culture and contributions to land,
waters and communities.

I acknowledge that their connection to country was never relinquished.

I recognise those whose ongoing effort to protect and promote Aboriginal and
Torres Strait Islander cultures will leave a lasting legacy for future generations.

I venerate past and present Elders on whose protection
and care the new generation relies.

In loving memory of Stephen (1994 - 2022)
and those who love, miss and cherish him.

When the person who has died should still be with us,
this can leave us not knowing where to look,
not knowing where to go or who to turn to.

At times like this, all we have left are questions:

Why did this happen?

What is going wrong if our young people
are having such a hard time?

How can we support other young people?

What steps can be put in place
to make sure this doesn't happen to others?

These are important questions.

They show respect for the person who has died.

They show respect for all young people.

They show respect for life.

Members of the Port Augusta Aboriginal Community,
in Denborough et al. (2006, p. 21)

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