



Finding Love in the Looking Glass: A Book of Counselling Case Stories

Maggie Yaxley Smith

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Never has there been such a hunger to understand relationships, both with our self and with others, and this book contains valuable insights into the fascinating and dynamic dialogues between clients and their counsellor. Although the clients presented here are entirely fictitious, they become real and easy to connect with as the reader is taken deeper into the unfolding intimacy of the counselling room. A variety of interventions are used but what is most instrumental in empowering the clients is the relationship that develops with themselves. These clients show us how we can successfully overcome outdated survival patterns and make effective new choices that work for us. The four topics covered are: Anorexia (including issues about cultural identity); Relationship Breakdown (including themes about boarding schools, class and cultural differences); Depression (including suicidal ideation); and Cocaine Addiction stemming from childhood sexual abuse. An introduction explains the structure and professional requirements of a counsellor; a brief outline of the themes precedes each case story and there is an appendix of useful books, articles and online information. From thirty-five years of experience as a counsellor, supervisor and Head of a University Counselling Service, the author shows how she has used her particular style of brief counselling to enable and witness this remarkable process.

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