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Jenny Kidd

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Understanding Career Counselling

THEORY, RESEARCH AND PRACTICE

Jennifer M Kidd



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Jenny Kidd : Understanding Career Counselling: Theory, Research and Practice before purchasing it in order to gauge whether or not it would be worth my time, and all praised Understanding Career Counselling: Theory, Research and Practice:

[This] is an exciting book, written in clear, accessible style. It's an informative guide for anyone wishing to explore career counselling as a topic and process' ndash; Professional Manager'This is an excellent book - practical yet scholarly. It is a must-read for anyone who wants to understand how to facilitate the career development of other

people in formal or informal settings' - John Arnold, Professor of Organisational Behaviour, Loughborough University'At a time when the career counselling profession has been under some pressure in the UK, it is good to have an up-to-date text which cogently outlines the strong base of theory, research and practice upon which this professional activity is built. Jenny Kidd's lucid text will provide an invaluable resource for new entrants to career counselling and related fields, as well as for established practitioners' - Professor Tony Watts, Senior Fellow and Life President, National Institute for Careers Education and Counselling, Cambridge

Understanding Career Counselling explores the theory, research and practice of career counselling from a British perspective and brings them together in one concise volume. The book addresses exactly what is meant by the term 'career' in the 21st century and the implications this has for those working with clients at different stages of their career. This book is unique in that it clearly relates career theories to career counselling, which is often an unclear area for trainees. Divided into two clear parts, the first provides a comprehensive account of theories of career development and career counselling and their implications for practice. Taking a critical approach, it also shows how research informs our understanding of the field. In the second part, career counselling skills, tools and techniques are described, including the use of assessment tools and the internet. The book also covers ethical issues and evaluation.

Understanding Career Counselling is invaluable for students undergoing training in career guidance, career counselling, outplacement counselling or career coaching, but it will also be a use to students on occupational psychology and human resource management courses. In addition, experienced career practitioners wishing to find out more about recent developments within their profession.

Jennifer Kidd is a Reader in Organizational Psychology and Course Director of the MSc Career Management and Counselling programme at Birkbeck, University of London