



Counselling the Person Beyond the Alcohol Problem

Richard Bryant-Jefferies

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At the heart of Richard Bryant-Jefferies' work with problem drinkers is his belief in the power and effectiveness of the person-centred approach to counselling. He suggests that many alcohol problems develop out of, or are connected with, relationship difficulties. He highlights the importance of building a therapeutic relationship with the person, and of engaging with their individuality to encourage sustainable lifestyle change underpinned by personal growth.

This practical book shows how such client-focused counselling can support problem drinkers who are seeking to develop and sustain a less alcohol-centred way of life. Demonstrating how the client-counsellor relationship can be harnessed to empower the individual to help themselves, Richard

- * describes the health risks and effects on family life of alcohol dependency
- * considers the differences between young and old problem drinkers
- * analyses the support services available to those seeking change
- * suggests ways of coping with relapse.

Supported by contributions from clients who have undergone counselling for alcohol reliance, this is a comprehensive and positive guide for people working with those who have a problematic relationship with alcohol.

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