



# **Counselling Adults With Learning Disabilities (Basic Texts in Counselling and Psychotherapy)**

*Sally Hodges*

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Taking a psychodynamic approach, *Counselling Adults with Learning Disabilities* describes current theoretical ideas in this area. Theories are described in an accessible way, with detailed examples given to demonstrate the translation from theory into practice. Common problems are considered within a "life span" framework, with attention to specific difficulties such as bereavement, abuse, and challenging behavior. The wider context including relationships with families, groups, and staff have also been given thoughtful consideration. Finally, outcome evidence for counseling is explored.

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