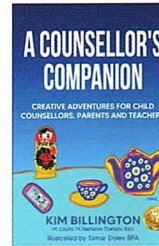


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Book reviews



A counsellor's companion
By Kim Billington
Reviewed by Loretta Bennett,
ACA Level 4 member

Kim Billington's *A counsellor's companion* provides valuable insights and is a must-read for new counsellors working with children and experienced counsellors wanting to refresh their approach. It is easy to read and full of practical examples to get counsellors motivated and prepared for great sessions. Kim utilises case studies and suggested questions to open up conversations and new perspectives. She brings therapy sessions to life in a way that balances theory and practical knowledge and puts the child in focus. This approach highlights children's strengths and abilities rather than focusing only on 'fixing the problem'.

The book is well laid out and the chapters are sectioned to ensure each topic is properly considered. For example, a chapter may have a discussion topic, a section for working with parents, case studies, theory and suggested reflection and actions to follow up. Kim also recommends other websites, resources and information to build on what she has written. The conversational style of writing made me feel that she was personally coaching me throughout the book.

Kim focuses on how to support the child but also on how to engage parents in the process so that they have a greater understanding of how to support their children using a strengths-based approach. Her integrated approach weaves together aspects of creative art therapy, compassion-focused therapy,

narrative therapy, play therapy, neurosequential processing, therapeutic storytelling and trauma informed therapy to meet the needs of each child and their family.

The simple and thoughtful illustrations by Tamar Dolev add a joyful and unifying element to the book.

A counsellor's companion delivers an arsenal of activities, questions, ideas and stories to utilise in sessions. This is a great resource and I highly recommend it.

Please note that the book is also available as an ebook via Amazon (www.amazon.com.au), where it achieved a #1 Amazon Bestseller award in several categories.