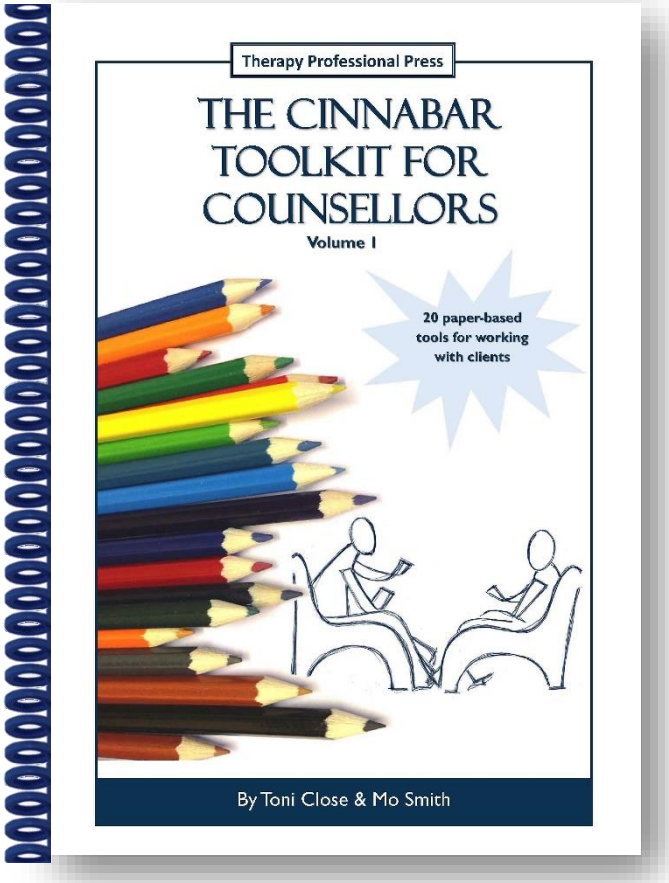
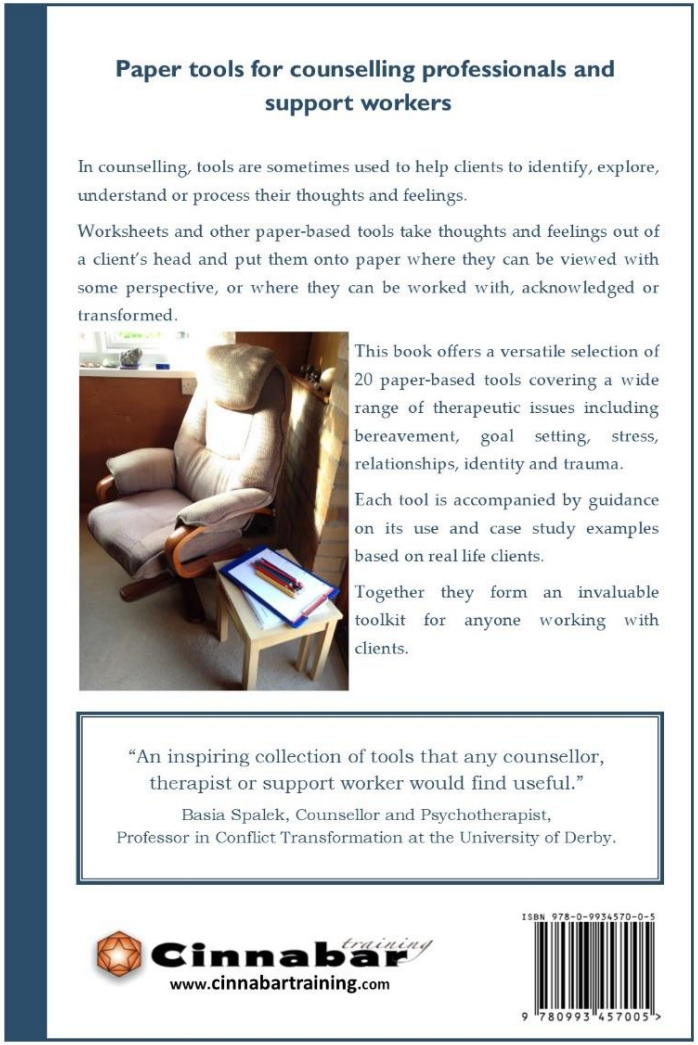


The Cinnabar Toolkit for Counsellors:

a collection of paper-based tools for counsellors and support workers to use with their clients

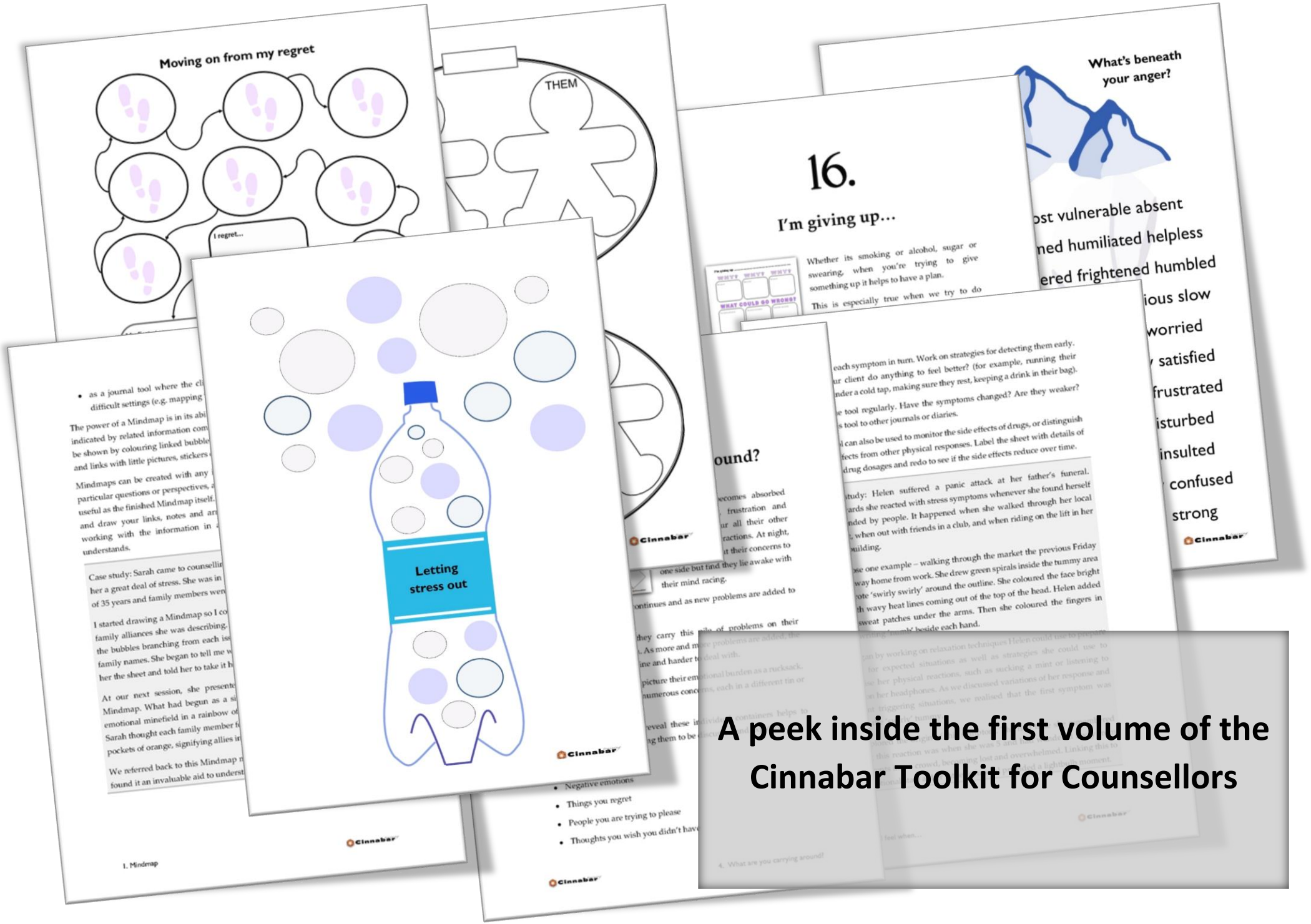


The Cinnabar Toolkit for Counsellors (volume 1) is a 90-page book presenting 20 paper-based tools for counsellors to use with their clients. Each tool comes with a case study and guidance on its use.

Order directly from the publisher for £30 plus £3.50 P&P via our website at www.cinnabartraining.com. Or find the Cinnabar Toolkit on amazon.co.uk

Includes the following tools:

1. Mindmap
2. Things from the past
3. Timeline
4. What are you carrying around?
5. Letting stress out
6. How I feel when…
7. Anchors
8. Where are the people in my life?
9. Me and me
10. What's beneath your anger?
11. Who has the power?
12. Blame & Fault
13. Child parent, Adult parent
14. Changing Relationships
15. Moving on from my regret
16. I'm giving up…
17. Making a decision
18. Creating a STRIPE goal
19. Worry Tickets
20. Remembering



A peek inside the first volume of the Cinnabar Toolkit for Counsellors