



Journey to Release

Counselling in a UK Prison

by Mo Smith with the assistance of Toni Close

Journey to Release is an account of Mo Smith's extensive experience counselling and co-ordinating a counselling service inside HM Prison X. The book gives a history of the service and looks at what is involved in a project of this kind, making it a 'must' for prison professionals and volunteers everywhere. It also provides an insight into the running of an embedded prison counselling service and the clients who use it. A first-hand account, it will be of considerable interest to anyone wishing to learn about the subject, whether as an individual, prison professional, volunteer/potential volunteer, or counselling organizer/provider (including from external agencies).

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'A hugely informative work' — *Neil Thomas, Prison Governor*

'The Counselling Service at HMP X was something I was very proud of while I was Governor. This book tells you all about it' — *Michael Wood, Former Governor*

Journey to Release will also be of interest to counsellors and volunteers in a range of other settings in the UK and beyond. Based on practical experience, it focuses wholly on counselling as such (rather, e.g. than psychology/mental health-led aspects, intervention or assessment).

For more information and to order go to:

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- Explains the 'nuts and bolts' of counselling prisoners.
- Looks at the challenges involved.
- Includes (disguised) prisoner histories and other contributions.
- Attractive easy-to-read format.

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