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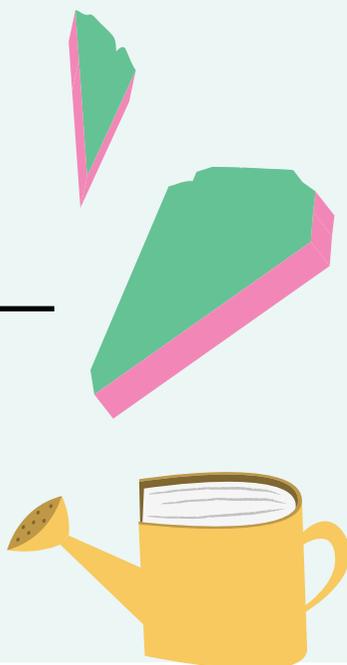
On the subject of less well-known areas of counselling within the NHS, Alan Phillips writes about the fascinating field of genetic counselling. This strand of counselling helps people who are considering undergoing genetic testing for inheritable diseases. Alan explores how genetic counsellors and therapeutic counsellors can work together to help clients make difficult decisions about their futures. He considers how loss and grief are inherent in the decision making process within genetic counselling, with the stress and responsibility of the predictive testing process tapping into unresolved psychological issues from the past.

All of us working in this profession are keenly aware of the importance of being able to show empathy and compassion for our clients. And yet many of us neglect to show that same care for ourselves. Elaine Beaumont highlights how healthcare practitioners, including counsellors and psychotherapists, face unique challenges in taking on the problems of their clients. These challenges can result in anxiety, stress, burnout, shame, self-criticism and even symptoms similar to PTSD. Elaine sets out a range of practical suggestions for addressing this so-called 'compassion fatigue' in the training of new counsellors and psychotherapists, helping them to develop self-care strategies that can support them in dealing with the emotional demands of their work.

I would very much value any suggestions for future topics you would like to see covered in the journal. Please do not hesitate to contact me if you would like to contribute an article to the journal or if you are interested in writing book reviews. I look forward very much to hearing from you.



**Joanna Benfield**, Editor  
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