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THE OASIS SCHOOL OF HUMAN RELATIONS

Oasis is a non-profit organisation that focuses its work on development; of individuals, of teams and groups of people, and of organisations.

With that in mind we have five areas of work;

- ▶ The **courses and programmes** we run from our base at Boston Spa - The Oasis School of Human Relations. People can use our programmes to prepare for careers as human relations practitioners in one-to-one work, facilitation and as a change agent or consultant as well as for their own personal development.
- ▶ Organisations use us as consultants for **organisational development** when planning for culture change within their organisation or reviewing their direction. We are often asked to collaborate to design and implement development programmes and/or mentoring schemes to prepare staff for such changes.
- ▶ **Live research** incorporates our co-operative inquiry, action learning sets, and grounded research work.
- ▶ **Oasis Peoplecare** is an excellent counselling service, available nationally, that staff can access to talk through issues or concerns and work out their next steps.
- ▶ **Oasis Press** publishes books and manuals that support the areas of our work and holds a stock of other related reading.

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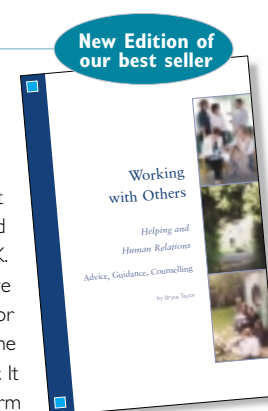
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Our own Publications Books

Working with Others £15.95

Now in its sixth edition *Working with Others* has been successfully applied by over 10,000 participants in workshops, and programmes at Oasis and through its work elsewhere. *Working with Others* has been an adopted text for a number of human relations and counselling programmes throughout the UK. *WWD* is a readable and comprehensive overview of the 'helping' relationship, suitable for those taking up a helping role for the first time as well as the more experienced practitioner. It covers the major helping approaches from advice-giving all the way through to aspects of the therapeutic relationship and offers a comprehensive description of the Seven Stage Model for one-to-one working of all types.



Forging the Future Together £12.95

A practical and accessible guide to human relations issues - the personal skills and understandings that enable people to be more effective whether at work, home or in their social lives. The book presents a human relations perspective on one-to-one meetings, group settings and issues in the work place. The book includes an extensive presentation of the Seven Stage Model for understanding the development of any successful meeting or relationship.



Helping People Change £8.95

An overview of the main dilemmas and issues for those living through or those enabling others to live through the predictable losses and changes that effect adult life; including sections on loss grief and mourning. Suitable for practitioners and the interested reader wanting to understand more of the influences upon their circumstances.



Where Do I Go From Here? £8.95

Coping with change and transition in our present time is far from easy or straightforward. *WDIGHH* is a useful guide to some of the perplexing changes taking place and focuses on helping those seeking to make more sense of where they are and their next step - whether a new job, a change of career, or wishing to review where they are before deciding their next step.



Manuals

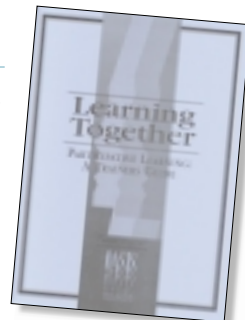
Training: Approaches, Methods and Issues £8.95

Training: Approaches, Methods and Issues is written with two principle groups of people in mind – trainers and commissioning agents. This manual will assist in gaining a greater clarity about what training is wanted, its purpose, and who needs it.



Learning Together: Participative Learning: A Trainers Guide £8.95

Learning Together is written for teachers, trainers, facilitators and those involved in managing learning groups. It outlines the differences between participative methods and experiential training and explains the major elements in participative learning: the learning cycle; phases of learning; the relationship between structure and process; assessment and development.



Managing Change in the Future £7.95

The term '*Managing the Future*' has been part of the Oasis approach to working in organisations for over a decade. Looking at the forces that will shape organisational life in the times to come is as important as knowing what makes organisations stay the way they are. Changes at every level and in every sector of organisational life will not slow down and this manual provides some of the key elements to bear in mind in the change process.

The Art of Brief Counselling – Balancing Technique and relationship £7.95

More and more attention is given to providing short term support to people in difficulties. This manual outlines the issues and offers some of the approaches that work, whilst emphasising the value and importance establishing a strong working relationship.

Interviewing, Recording & Report Writing £7.95

Writing, like anything else that involves other people is only as good as the understanding you have at the start and the manual helps ensure you know how to go about getting the 'brief right' and how to write to a brief (rather than invent the one you wish you had or the one you think the person really wants).

Discovering the Temperaments £7.95

Temperaments owe a great deal to the idea of people having a basic stance to aspects to their life that helps give shape but doesn't altogether determine how they respond to what happens to them. The four temperaments, Sanguine, Choleric, Melancholic and Phlegmatic are usefully outlined here with portraits of how they interact and some of the 'crossed wires' that occur between them.

Mentoring, Coaching, Supervising, Managing the Developmental Alliance £7.95

There is a great deal of interest in supporting people at work, *through* work or because of work. Mentoring coaching and supervision are only three of the most commonly used words to describe these kinds of activities. How they differ; how they overlap and the benefits and limitations of each; where might they be used and so on – are all questions about the application of what is essentially a '*developmental alliance*'. This manual looks at those questions: the stages; the skills and some of the important issues in working developmentally.

Issues in Facilitation £7.95

More and more people find themselves being asked to run a 'training session' or guide a group of colleagues or customers through a process and have little direct preparation for it. This manual is based on the one year *facilitator development programme* designed by Oasis and provides a description of the experiences of group life and what facilitators need to bear in mind when working with 'live processes.'

How do I do it? £7.95

Developing strategic thinking in small, new, or growing organisations – is it that hard? As the manual makes clear the answer is, 'Well yes and no!' All of us have to learn to think strategically, if only to manage how to be where we are supposed to be a week on Tuesday and then respond to the unexpected. Of course in organisational life there's more to it than that. The manual begins with simple examples of how strategy enters into our thinking and how we can use those experiences as a guide to develop further.

Together we can £7.95

'Partnership working' is in vogue and organisations are encouraged to work with others in 'partnership arrangements'. For anyone who has part to play in partnership working '*Together We Can*' is a practical guide about how to go about it; what the pitfalls are and how you might get over them. It has been field tested in a number of settings and is written to be modified by the reader for their own projects.

Forthcoming Publications manual

Feeling & Personhood adapted by John Gray £7.95

John Heron's influence upon humanistic psychology and transpersonal development would be hard to overestimate. John Heron challenges many assumptions and so the arrival of a 'walk round' the Heron world is a hugely valuable resource for all those who want to grasp more of the human condition and how it impacts upon themselves and the work they do. John Gray is to be commended for his efforts and indeed has been very warmly by John Heron himself.

book

Going to Extremes: Working with the impact major incidents and its aftermath; loss, grief and bereavement £15.95

It seems ever more likely that those involved in the helping professions will sooner or later become involved in working with the impact or the aftermath of a crisis that involves numbers of people. Such 'events', usually called 'major incidents' bring with them additional challenges to the complexities of helping people working with change loss and grief. The incident itself and how it is managed can compound the difficulties faced by any of those directly affected – including those who offer to help.

