



Personal Development in Counselling and Psychotherapy (Counselling and Psychotherapy Practice Series)

Sofie Bager-Charleson

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There is an increased emphasis on self awareness and self care in counselling and psychotherapy training, with a focus on how the therapist as a person affects the therapeutic outcome. This timely book responds to these complex issues and is designed to help counselling students, trainees and graduates with integrating their personal development into their professional planning. There are chapters on bringing the Self into therapy, choosing the right training and how to succeed as an accredited practitioner. Activities and research summaries throughout give this book a fully-integrated approach ideal for busy students.

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