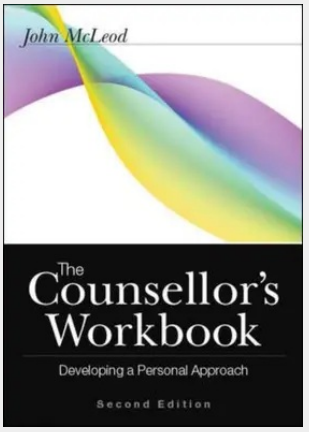
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The Counsellor's Workbook: Developing a Personal Approach



The Counsellor's WorkbookDeveloping a Personal ApproachSecond EditionThis new edition of The Counsellor's Workbook offers you a personal exploration of the key issues that may emerge during your development as a therapist. It provides you with an opportunity to document and consolidate your learning and personal development. The Counsellor's Workbook can be used as a stand-alone resource or as a companion text with either the bestselling text, An Introduction to Counselling 4e or other key sources. This book will help you to become an effective counsellor or psychotherapist by: - Deepening and consolidating personal learning and development - Facilitating the integration of theory, practice and personal experience - Providing arenas for collaborative dialogue and exploration with fellow traineesThis edition of The Counsellor's Workbook has been comprehensively updated to reflect developments in the field and it now contains over eighty unique exercises. Other enhancements to the book include: - A helpful introduction to the book so that you understand how to use the Counsellor's Workbook effectively - Learning tasks that cover new topics in An Introduction to Counselling 4e, such as transactional analysis theory - An entirely new section that focuses upon being a member of a learning group and developing self-awareness - New case studies that illustrate effective counselling in practice - Clear cross-referencing between the Counsellor's Workbook and the relevant passages in An Introduction to Counselling 4e - Updated internet resources and further reading should you wish to explore subjects further - A new appendix that presents a narrative approach to personal and professional development in counselling and psychotherapy trainingThe Counsellor's Workbook is an invaluable resource for counselling or psychotherapy students, tutors and trainers, as well as for experienced practitioners engaging in continuing professional development.

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