

COUNSELLING
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Personal Development



Personal Development In Counsellor Training

Keith Tudor



Personal Development In Counsellor Training:

Personal Development in Counsellor Training Hazel Johns, 2012-01-20 This book provides the answers to that all important question what are personal and professional development and why are they necessary for counsellors This new edition explores the importance of personal development and the core concepts that underpin it the aims commonalities and differences of personal development in different settings and levels of training the key differences in theoretical approaches and their implications for personal development communication and relationships between counsellors and professional organizations society and the virtual world with all its demands on identity privacy and congruence the trainee and trainer and the challenges of personal development Packed full of vivid accounts of personal experiences questions and points for reflection this book will prove an essential companion for anyone wishing to grow personally and professionally as a therapist Hazel Johns is a Fellow of BACP and has been for many years a trainer supervisor and BACP accredited counsellor

Personal Development in Counsellor Training Hazel Johns, 2003-08-23 Personal development is a core element in counsellor training This book is an essential guide to personal development and includes discussion about self knowledge and its implications for different modes of counselling It provides a clear analysis of techniques for promoting self development and an examination of the specific gains to trainee counsellors of well managed personal development work The theoretical premises are supported with accounts of personal experience The invaluable insights contained in this unique book are relevant to counsellors trainers supervisors psychotherapy trainers and trainees and students of counsellor training courses

Personal Development Groups for Trainee Counsellors Jayne Godward, Heather Dale, Carole Smith, 2019-10-01 Personal development PD groups are a key feature of many counsellor training programmes Personal Development Groups for Trainee Counsellors An Essential Companion is a comprehensive and accessible study guide written by experienced tutors and lecturers to support students with their PD group work and other personal development activities helping students to get the most out of these experiences This essential resource is aimed primarily at those who are new to counsellor training It will also be useful for anyone who wants to understand more about the nature of PD groups and how these can be used effectively Case studies questions and activities encourage readers to reflect on different topics and on themselves including looking at how to improve self care and how mindfulness can help The book looks at the historical background to PD groups how they can be used effectively and also real life experiences from both tutors and recent students Other chapters invite the reader to develop their self awareness through gaining an understanding of how ethics relationships and identity are developed There is a discussion about the merits or otherwise of mandatory personal therapy for trainees and also a discussion about the use of supervision Finally other important aspects of personal development are discussed including personal therapy supervision self care and mindfulness Personal Development Groups for Trainee Counsellors will be of use to counsellor trainees on undergraduate and postgraduate diplomas to introduce them to PD groups and other essential

activities It will also be highly informative to those who are on counselling certificate courses to introduce them to aspects of personal development as well as for tutors to support them in their work as PD group facilitators

Personal Development in Counsellor Training Hazel Johns, 2012-03-05 This book provides the answers to that all important question what are personal and professional development and why are they necessary for counsellors This new edition explores the importance of personal development and the core concepts that underpin it the aims commonalities and differences of personal development in different settings and levels of training the key differences in theoretical approaches and their implications for personal development communication and relationships between counsellors and professional organizations society and the virtual world with all its demands on identity privacy and congruence the trainee and trainer and the challenges of personal development Packed full of vivid accounts of personal experiences questions and points for reflection this book will prove an essential companion for anyone wishing to grow personally and professionally as a therapist Hazel Johns is a Fellow of BACP and has been for many years a trainer supervisor and BACP accredited counsellor

Personal Development and Clinical Psychology Jan Hughes, Sheila Youngson, 2009-01-20 Personal Development and Clinical Psychology is a vital reference text for all those involved in clinical psychology and related professions This book offers a comprehensive exploration of the methods approaches theories and issues surrounding personal development incorporating a number of different views from both those practising and training in the field and includes service users perspectives The importance of personal development is considered and chapters are devoted to presenting a model of the different processes examining issues of power and identity and assessing how training courses currently approach and encourage personal development and how it might be evaluated The book culminates in summarising the major themes and offers suggestions for future developments In line with BPS accreditation criteria which identifies personal development as a core learning objective Offers an historical overview of the clinical psychology profession Includes the voices of service users and carers Considers how personal development can be assessed Also of interest to counselors psychotherapists and nurse therapists as well as clinical psychologists and related professions outside the UK

Person-Centred Counselling Training Dave Mearns, 1997-11-28 This thoughtful and thought provoking book is essential reading not only for those involved in the training of counsellors within the person centred approach but also for individuals who may have simplistic dismissive or otherwise ill informed notions of the depth of self awareness required of the person centred practitioner and the far reaching challenges offered by the approach For counsellors who define themselves as person centred but who have had no substantial training it should be compulsory reading British Journal of Guidance and Counselling Person centred counselling probably requires more training and a greater intensity of training than most other mainstream counselling approaches but

Personal and Professional Development for Counsellors, Psychotherapists and Mental Health Practitioners John McLeod, Julia McLeod, 2014-04-16 This book provides a comprehensive accessible and research informed

approach to personal development issues associated with the role of a counsellor therapist or mental health practitioner Written by leading authors in the field the book is designed to help both trainees and experienced therapists to be more effective in their work with clients by Deepening and consolidating their understanding of all aspects of personal and professional development Making use of their personal strengths resources and life experience Drawing on colleagues mentors and the wider professional community as sources of learning support and inspiration The first part of the book explains the nature of the personal and professional development issues that are experienced by therapists The second part provides a set of learning tasks that invite reflection on all aspects of therapist development This engaging and accessible book reminds us that like our clients counsellors are works in progress Although written primarily for trainee counsellors there is much here for the experienced therapist supervisor group leader or counselling course trainer to admire and to learn from Therapy Today July 2014 John and Julia McLeod have written a superb text that is a rich personal development resource for students practitioners and lecturers Mark Widdowson Lecturer in Counselling and Psychotherapy University of Salford UK The book offers an excellent resource for counselling psychotherapy and mental health trainers with rich resources to inform student and tutor work I highly recommend this valuable addition to the resource and knowledge base Lynne Gabriel Associate Professor York St John University UK A fantastic book This is a comprehensive engaging and valuable resource that integrates theory and research in an accessible and relevant way Steff Revell Lecturer Counselling and Psychotherapy University of Cumbria UK This book offers an invaluable resource for counselling trainers and students alike It succinctly maps out the terrain of personal and professional development and the importance of these concepts for practice Brian Rodgers Lecturer in Counselling The University of Queensland Australia

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham,Ian Horton,2006-01-05 The SAGE Handbook of Counseling and Psychotherapy Second Edition is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising succinct and easy to access contributions the Handbook describes not only the traditional skills and theoretical models but also the most common client concerns brought to therapy and the particular skills required for different practice settings and client groups

Personal and Professional Development for Counsellors Paul Wilkins,1997-02-10 A helpful guide for newly qualified counsellors It gives some comprehensive ideas and tips for further development a useful book Self Society Conveys valuable information Paul Wilkins writes well With the current emphasis by accrediting counselling organizations on the importance of ongoing personal and professional development this book would be a salutary place to start on such a journey Counselling The Journal of the British Association for Counselling The personal and professional development of therapists is essential to continued good practice This book explores just what is meant by personal and professional development and why it is so important f

Becoming a Counsellor Kirsten Amis,2011-03-18 Becoming a Counsellor is a one stop reference book for all new counselling trainees Whether starting out on an introductory course or tackling a postgraduate diploma this

book will make the journey to professional qualification that little bit easier It addresses the complexities and challenges of counselling training by confronting and unpicking the many potentially daunting issues and questions faced by students throughout their training The book covers a comprehensive range of topics including choosing a course and theoretical orientation clarifying roles who s who on the course explaining common pedagogical activities and expectations including the personal development journal assessment supervision and support ethical and legal issues While earlier chapters introduce methods of learning and developing for those new to the field later sections addressing research supervision and placements will be of interest to students who are studying at a higher level This engaging straightforward introduction to counselling will be an essential companion for students new to counselling throughout their training whether on basic introductory or postgraduate diploma courses

The Handbook of Counselling Psychology Barbara Douglas,Ray Woolfe,Sheelagh Strawbridge,Elaine Kasket,Victoria Galbraith,2016-02-12 This fourth edition provides the most comprehensive guide to the field of counselling psychology exploring a range of theories and philosophical underpinnings practice approaches and contexts and professional issues It has been updated to reflect current issues and debates and to map onto the training standards and offers the ultimate companion for your journey through counselling psychology training and into the workplace New to the fourth edition Chapters on Person Centred Therapy Mindfulness Neuroscience Engaging with and Carrying out Research Reflective Practice International Dimensions and Ecopsychology A companion website offering hours of video and audio including conversations with counselling psychology practitioners and trainees and articles exercises and case studies Other new features include Further Reading Day in the Life of dialogues with practitioners Reflective Exercises and Discussion Points and new case studies Special attention has been paid to the topic of research both as a theme throughout the book and through four new chapters covering the use carry out and publication of research at different stages of training and practice The handbook is the essential textbook for students and practitioners in the field of counselling psychology and allied health professions at all stages of their career and across a range of settings both in the UK and internationally

Counselling Psychology Victoria Galbraith,2017-08-08 This is the first textbook to provide a complete overview of counselling psychology Covering not only the underlying principles and philosophy of the profession it offers a uniquely applied perspective in a concise student friendly format From the relationship between research and practice to key ethical and professional issues the book is written by some of the most eminent academic and practising psychologists in the field It initially defines what counselling psychology and a therapeutic relationship involves before outlining the range of approaches that can be taken with clients from CBT to psychodynamic perspectives and the journey of training through to working as a counselling psychologist Supported by case studies and a range of features to illustrate how theory can be applied to practice this is the ideal companion for courses in applied counselling psychology The integrated and interactive approach covers the personal and professional issues which counselling psychologists face making this the definitive

introduction for any student of this growing field of study **Group Counselling** Keith Tudor,1999-06-22 This book provides a comprehensive examination of theories and concepts relating to group counselling and shows how differing theoretical frameworks can be used as a basis for practice Organized around the counselling process the book considers the practicalities of establishing and running a group raising awareness of its life cycle its cultural location and many other diverse issues Special emphasis is placed on the importance of therapeutic attitudes and philosophies as a basis for practice and humanistic and existential approaches to group counselling are given particular attention The author encourages readers to be aware of their conceptual framework and how it influences their work **Researching Lesser-Explored Issues in**

Counselling and Psychotherapy Peter Madsen Gubi,2018-05-08 The authors have brought together important research into little explored topics that are applicable to the field of counselling and psychotherapy Each contributor has undertaken qualitative research into their chosen topic and this book disseminates that research in a highly accessible manner The aim of the volume is to inform counsellors and psychotherapists and those in allied professions who support and care for people towards developing a greater awareness of issues they may encounter These include sexuality after breast cancer in young single women the impact of pregnancy loss on women who delayed childbirth and remain childless adult reflections on being an only child processing parental rejection through personal development the nature of school based counselling the impact of emotional labour on secondary school teachers and the impact of inappropriately referred clients on counselling trainees in placement **New Approaches to Integration in Psychotherapy** Eleanor O'Leary,Mike Murphy,2021-12-16

Psychotherapy is an area that has seen huge growth in prominence and practice The range of theoretical schools that have emerged means that practitioners are striving to amalgamate and synthesise new approaches and theories New Approaches to Integration in Psychotherapy provides a snapshot of the latest theoretical and clinical developments in the field of integration Eleanor O Leary and Mike Murphy bring together contributors from a range of theoretical backgrounds who present new frameworks theoretical integrations clinical developments and related research They critique existing research and provide a thorough overview of the historical development of the movement towards integration in psychotherapy The book is divided into three sections covering the following subjects in depth Frameworks and Theoretical Integrations Professional and Clinical Integrations and Special Populations Issues for Professional Consideration This book will be welcomed by anyone interested in investigating integrative approaches to psychotherapy In particular it will have direct relevance to academics involved in training and research on psychotherapy psychotherapists counsellors and clinical psychologists **Person-Centred Therapy** Campbell Purton,2017-03-14 Since its beginnings in the 1950s the person

centred approach to therapy has developed in many ways In this important new text Campbell Purton introduces the focusing approach of Eugene Gendlin The book discussed Gendlin s theoretical innovations and their implications for clinical practice It throws light on the relationship between the various schools of therapy and on the relationship between therapy and such

areas as ethics and spirituality It will be essential reading for students and practioners of person centred therapy

Handbook of Counselling Psychology Sheelagh Strawbridge,Ray Woolfe,2010 This Third Edition of a seminal text reflects new developments with counseling psychology It covers areas such as neuroscience narrative approaches and post modernist thinking The six sections include tradition challenge and change in counseling psychology difference and discrimination and professional and ethical issues Special attention has been paid to the research evidence current issues and debates theoretical and philosophical underpinnings political and resource issues and illustrative case material

How to Survive Counsellor Training Rowan Bayne,Gordon Jinks,2010-03-04 Training to be a counsellor can be an intense and demanding experience full of stresses and anxieties It can also be positive and fulfilling This easy to use guide can help you make the most of your training so that you survive and importantly enjoy your course From choosing a course to writing a report the book examines the biggest and passively most daunting issues you will face on the way to becoming qualified The information is presented in easily digestible bite size chunks so that you can dip in and out of the text as your training programme and your understanding progresses Drawing on the authors extensive teaching experience and the wider literature How to Survive Counsellor Training Provides a realistic and reassuring advice at every stage in order to reduce anxiety and allow you to grow in confidence Informs your choices and suggests possible actions and strategies Explains the rationale behind some aspects of training offering hints about how to get the most out of the experience Helps and encourages you to take care of yourself and pay attention to your own personal development Warns you about some of the challenges you might face and suggests strategies for coping with them Clearly structured and a pleasure to read and use this text is aimed at prospective and beginning trainees and will prove a practical and stimulating reference for counsellors throughout their training and beyond

Writing Cures Gillie Bolton,Stephanie Howlett,Colin Lago,Jeannie K. Wright,2004-08-02 Writing is our cultural medium and can be used to enhance counselling and psychotherapy just writing in itself can be therapeutic The onset of online therapy means that increasing numbers of therapists need to know about this valuable means of communication Writing Cures demonstrates power of expressive and reflective writing in the context of therapy whether online or text based enabling the practitioner to undertake writing methods with clients It introduces the reader to therapeutic writing in a range of settings and contexts and from a range of approaches Chapters from an impressive list of contributors include Ethical and Practical Dimensions of Online Writing Cures by Stephen Goss and Kate Anthony Writing by Patients and Therapists in Cognitive and Analytic Therapy by Anthony Ryle Reflective and Therapeutic Writing in Counsellor Training by Colin Feltham and Jacquie Daniels Illustrated throughout from clinical experience Writing Cures will be of benefit to all counsellors and psychotherapists

Training the Counsellor Mary Connor,2006-04-14 In Training the Counsellor Mary Connor shares a decade of training experience to provide an invaluable resource for other counsellor trainers The role of the trainer as facilitator educator and assessor as well as key professional and ethical issues are all

brought vividly to life through many case examples The focal point of the book is the integrative four stage model for training competent and reflective counsellors with the relationship between trainee and client at the core of the model The four stages are the development of attitudes and values knowledge and skills client work and supervision reflection and evaluation Building on this model and drawing on her own wealth of experience the author explore the interface between being professional and being human Training the Counsellor offers stimulating reading and tested guidelines for good practice for all those involved in training other helping professionals

Enjoying the Track of Phrase: An Psychological Symphony within **Personal Development In Counsellor Training**

In a global used by monitors and the ceaseless chatter of immediate communication, the melodic beauty and mental symphony created by the written term often disappear in to the back ground, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, located within the pages of **Personal Development In Counsellor Training** a wonderful literary prize full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts viewers on an emotional journey, well unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this poignant assessment, we will explore the book is main harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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