

Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors

By Chris Rose

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Personal development is integral to much counselling and psychotherapy training. Self-awareness and critical reflection are also vital for developing effective therapeutic relationships. This uniquely focused sourcebook offers a fascinating range of approaches to the challenging and sometimes elusive task of self-development and self understanding.

The book begins by introducing four core ways of seeing the 'self': as multiple, contextual, open to change, and always in relation
to the 'other'. In its second part, it brings together a range of specialist practitioners to explore different pathways to self understanding. In particular, the book:

- Features an array of stimuli for thinking about and exploring the self, including music, the written word, visual imagery, the natural environment, transcendence, and body psychotherapy
- Demonstrates self reflection in action with insightful case examples
- Draws on a wide range of theory from humanistic, psychodynamic and integrative perspectives
- Encourages a personal response with discussions, exercises and 'points for reflection' throughout

Self Awareness and Personal Development provides hands-on resources for the ongoing project of exploring the self. It is an invaluable text for students, trainees and practitioners in counselling and psychotherapy.

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Editorial Review

Review

Review

This is an elegant resource book on self-awareness and personal development...encourages mindfulness about our own process and shows how much we still have to learn about ourselves.' -Julia Greer, *Therapy Today*

'...a delightful book which seeks to provide resources and support to therapists who are engaged in the process of becoming more self-aware as part of their personal development...I would certainly recommend the book to both qualified therapists and trainees as well as to other professionals and friends. Having read it I would also dip back into it again in the future.' - Dr Tina Griffiths, *The Journal of Psychological Therapies in Primary Care*

From the Back Cover
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Gregory Kim:

Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors can be one of your nice books that are good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to put every word into satisfaction arrangement in writing Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors yet doesn't forget the main position, giving the reader the hottest in addition to based confirm resource details that maybe you can be one among it. This great information could drawn you into completely new stage of crucial pondering.

David Wysocki:

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