



## The Counsellor's Workbook: Developing a Personal Approach

By John McLeod

OPEN UNIVERSITY PRESS, United Kingdom, 2010. Paperback. Book Condition: New. 2nd Revised edition. 238 x 168 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Counsellor's Workbook: Developing a Personal Approach, Second Edition This 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 trainees This 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...



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