



Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors

By Chris Rose

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Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors By Chris Rose

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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Ricardo Hamilton:

Book is to be different per grade. Book for children right up until adult are different content. As we know that book is very important for us. The book Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors had been making you to know about other understanding and of course

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