



Personal Development in Counsellor Training (Counsellor Trainer & Supervisor)

Hazel Johns

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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.

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