

1. Record Nr.	UNINA9910254808703321
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Titolo	Experiential Learning for Professional Helpers : A Residential Workshop Innovation // by Godfrey T. Barrett-Lennard
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Macmillan, , 2017
ISBN	3-319-47919-9
Edizione	[1st ed. 2017.]
Descrizione fisica	1 online resource (XIII, 352 p.)
Disciplina	616.8914
Soggetti	Counseling Psychological consultation Psychology, Experimental Psychology - Methodology Teachers - Training of Counseling Psychology Consulting Experimental Psychology Psychological Methods Teaching and Teacher Education
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Chapter 1. The 'Armidale' Residential Workshops: Concept and Beginnings.- PART I. 'As it Happened': The Process Documented -- Chapter 2. Finding our Difficult Way: Group X's Transcribed Beginning -- Chapter 3. Mid-Journey Advance and the Late Stages of Group X -- Chapter 4. Tracing the More Relaxed Journey of Group Y, and Glimpses of Further Groups -- Chapter 5. Session-by-Session Participant Ratings of Process and Effects.- PART II. Outcome Reports and Estimations -- Chapter 6. After-the-Workshop Reflections by Letter-Report -- Chapter 7. Workshop Outcomes from Formal Six-Month Follow-Up Data -- Chapter 8. Ten Years Later: Long-Term Follow-Up via Study of Life Events -- Chapter 9. Armidale Remembered and Participant After-Journeys: Interview Perspectives.- PART III. Theory and Wider Application. Chapter 10. A Theoretical Understanding of Intensive

Sommario/riassunto

This book describes a series of ground-breaking residential workshops in therapeutic counselling in the 1960s, for people working in mental health and social care disciplines seeking to expand and deepen their reach. The work is unique in the scope of its research into the process and outcomes of such active immersive enquiry in this area. Besides a wealth of more systematic features, the author invites us into the initial conversations in the meeting room, and then follows the group members back into their lives, allowing us to see both early outcomes and the impact of participation up to ten years later. Finally, Barrett-Lennard reflects on the extended history of the intensive workshops and the related group work in other contexts they led into. He makes a compelling argument that such an intensive participatory process is as powerful today as it was in the 1960s. The blend of rich qualitative and empirical data and theory is a unique strength. It will be a great resource for students and scholars in applied psychology and psychotherapy, as well as for practicing therapists and trainees committed to meaningful work with their client groups.
