

1. Record Nr.	UNINA9910450500003321
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Titolo	Choosing a counselling or psychotherapy training : a practical guide // Sylvie K. Schapira
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2000
ISBN	1-134-61919-7 1-280-31757-4 0-585-44686-5 0-203-46016-2
Descrizione fisica	1 online resource (255 p.)
Disciplina	158/.3/071 361.060711
Soggetti	Counselors Psychotherapists Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Contents; Acknowledgements; Introduction; AN OVERVIEW TO THE FIELD; THEORETICAL APPROACHES: BACKGROUND AND DESCRIPTION; TOWARDS HUMANISTIC THERAPY; TOWARDS COGNITIVE-BEHAVIOURAL THERAPIES; THINKING OF BECOMING A COUNSELLOR OR PSYCHOTHERAPIST?; PREPARATION FOR STARTING A COURSE; WHAT TO EXPECT ON A COURSE: INTRODUCTION, CERTIFICATE AND DIPLOMA; QUALIFICATIONS, REGISTRATION, ACCREDITATION AND RESEARCH; OTHER FORMS OF THERAPY AND SPECIALISED TRAINING; CAREERS IN THERAPY; List of resources; Glossary; Sample contract between therapist and client Sample contract between supervisor and supervisee Questions; Index
Sommario/riassunto	There are a bewildering number of counselling and psychotherapy courses on offer: yet often trainees are not fully aware of the implications of their choice of course for their time, finances and future career until they have already begun training. Choosing a Counselling or Psychotherapy Training takes the reader through all the stages of the therapeutic training path, looking at everything from starting a

course to employment prospects. Informative and realistic, the book includes:
* Theoretical approaches to counselling and psychotherapy*
Preparation for starting a course
