

1. Record Nr.	UNINA9910451934403321
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Titolo	Personal and professional development for counsellors [[electronic resource] /] / Paul Wilkins
Pubbl/distr/stampa	London, : SAGE, 1997
ISBN	0-8039-7462-0 1-4462-6541-2 1-283-88129-2
Descrizione fisica	1 online resource (184 p.)
Collana	Professional skills for counsellors
Disciplina	361.060715
Soggetti	Counselors - In-service training Psychotherapists - In-service training Counselors - Training of 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 (p.166-170) and index.
Nota di contenuto	Cover; Title; Contents; Acknowledgements; Chapter 1 What is Personal and Professional Development?; Chapter 2 Further Training; Chapter 3 Professional Recognition: Accreditation and Re-Accreditation; Chapter 4 Personal Therapy; Chapter 5 Supervision; Chapter 6 Contributing to the Furtherance of Knowledge; Chapter 7 Resourcing Your Self; Chapter 8 Determining a Personal Programme for Personal and Professional Development; Appendix; References; Index
Sommario/riassunto	In this practical guide, Paul Wilkins attempts to make clear why personal and professional development is so important for therapists, and so essential to good practice, and discusses various ways to expand and develop skills.