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Nota di contenuto	Front cover; Half title; Title; Copyright; Praise for this book; Dedication; Contents; Acknowledgements; Introduction; Part 1: Making sense of personal and professional development; 1 What is personal development? Why is it important?; 2 Methods for facilitating personal development; 3 Theoretical and research perspectives; 4 Professional development: maintaining and enhancing practical competence and career progression; 5 Criteria for assessing the adequacy of personal and professional development; Part 2: Learning tasks for personal development; 6 Reflecting on life experience 7 Personal development through participation in a learning group 8 Making sense: constructing a framework for understanding; 9 Building a relationship repertoire; 10 Developing a professional identity: putting it all together; References; Index; Adverts; Back cover
Sommario/riassunto	An accessible, research-informed approach to personal development issues for the counsellor, therapist or mental health practitioner, complete with learning tasks.