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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
