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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 Superuision; 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.