



## **The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees**

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## **The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees**

**The Trainee Handbook, Second Edition**, is designed as a companion to training in counselling, counselling psychology and psychotherapy. Unlike most texts which focus on theory and practice, this bestselling book identifies the broader knowledge and skills you will need to succeed in your training and as you make your first steps in practice.

Written by a team of leading trainers, practitioners and supervisors, **The Trainee Handbook** provides advice on practicalities such as writing essays and case studies and examines issues which affect all practitioners in the early stages of professional development and particularly in preparing for the first meeting with a client.

This **Second Edition** has been fully revised and updated, and features new chapters on:

- o case formulation;
- o personal and professional development;
- o continuing professional development.

Dealing with the practicalities and common concerns of students, **The Trainee Handbook, Second Edition** provides an invaluable source of information and guidance for anyone undertaking training in one of the therapy professions.

Professor Robert Bor is Consultant Clinical Psychologist at the Royal Free Hospital, London. Professor Mary Watts is Pro-Vice-Chancellor for Teaching and Learning at City University, London and Professor of Psychology.

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