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## Reflective Writing in Counselling and Psychotherapy (Paperback)

By Jeannie Wright, Gillie E. J. Bolton

Sage Publications Ltd, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Have you been asked to keep a personal development portfolio or reflective journal? Are you struggling to know where to start, how to write or what to include? If the answer is yes , this book will provide you with a straightforward route in, telling you all you need to know about writing reflectively for your own personal and professional development. Offering staged exercises, case-studies, examples and ideas for self-directed learning, this book will lead the reader along an exciting journey of written self-awareness, covering: - the background - what exactly is reflective writing and why is it important - the decisions - when and how to start - the practicalities - the essentials of writing reflectively - the stumbling blocks - dealing with obstacles and difficulties - the long haul - maintaining reflective enquiry as a lifelong habit This book is an essential how-to guide appropriate for all undergraduate and postgraduate trainees, whether they are approaching the topic from a psychodynamic, person-centred or CBT perspective. It will give trainees all the tools they need to become mature reflective practitioners. Jeannie Wright Director of Counselling...



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