



# Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors

*Chris Rose*

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Personal development is integral to much counselling and psychotherapy training. Self-awareness and critical reflection are also vital for developing effective therapeutic relationships. This uniquely focused sourcebook offers a fascinating range of approaches to the challenging and sometimes elusive task of self-development and self understanding.

The book begins by introducing four core ways of seeing the 'self': as multiple, contextual, open to change, and always in relation to the 'other'. In its second part, it brings together a range of specialist practitioners to explore different pathways to self understanding. In particular, the book:

- Features an array of stimuli for thinking about and exploring the self, including music, the written word, visual imagery, the natural environment, transcendence, and body psychotherapy
- Demonstrates self reflection in action with insightful case examples
- Draws on a wide range of theory from humanistic, psychodynamic and integrative perspectives
- Encourages a personal response with discussions, exercises and 'points for reflection' throughout

*Self Awareness and Personal Development* provides hands-on resources for the ongoing project of exploring the self. It is an invaluable text for students, trainees and practitioners in counselling and psychotherapy.

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