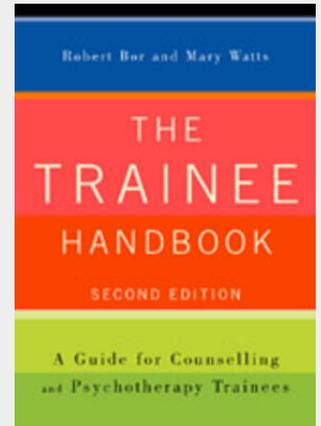


Bor / Watts

## The Trainee Handbook

A Guide for Counselling & Psychotherapy Trainees

'The book is ideally organised so the trainee can dip in and out of its self-contained and well-organised chapters, according to their particular stage of training. I found this book to be useful from the moment I received it to review! I would firstly recommend this text to those who are simply exploring the idea of training to become a counsellor/psychotherapist. Chapters 'setting the scene' and 'training routes' make sense of the bewildering choices available. It would also give the prospective student a good feel for what they are letting themselves in for. From my perspective this is an extremely useful text which I can thoroughly recommend to all trainees' - Therapy Today 'The Trainee Handbook is a comprehensive guide for trainees in counselling, counselling psychology and psychotherapy in the UK. This is the Second Edition of a textbook written by Robert Bor and Mary Watts, which has earned itself the status of being the definitive resource in counselling and psychotherapy training. is a must as it will probably be kept and reused by most throughout their careers' - Journal of Critical Psychology, Counselling & Psychotherapy 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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