



Effective Supervision for Counsellors (Counselling and Psychotherapy Practice)

Hazel Reid

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Supervision is an essential part of counselling training and ensuring you get the very best supervision is important to all students, at all levels. This book introduces both 'new' and 'in-training' supervisors and counsellors to the concept of supervision and its purpose within counselling. The focus is on key elements of supervision, including methods, processes, skills and policy and the authors examine, in depth, the development of the supervision relationship. Also explored are notions of creativity and flexibility in supervision, as well as key concepts such as multi-cultural and anti-oppressive practice. Full of practical activities that link theory to everyday practice, this essential textbook will develop your skills as a counsellor in an interactive and engaging way. Counselling and Psychotherapy Practice is a new series written specifically to support students on Counselling and Psychotherapy courses. These books are practical in focus, concentrate on linking theory to everyday practice, and include practical activities to aid learning.

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