



Reflective Practice in Psychotherapy and Counselling

By Rudi Dallos, Jacqui Stedmon

Open University Press. Paperback. Book Condition: new. BRAND NEW, Reflective Practice in Psychotherapy and Counselling, Rudi Dallos, Jacqui Stedmon, "This is a rigorously edited book that maintains consistency throughout, I found the concluding chapter 'reflections on reflections' particularly useful. This book captures what is current in reflective practice neatly charting its dissemination from education theory into the different therapy schools. Reflective practice is effectively illustrated within the different therapeutic schools. I will be recommending this book to other members of the multidisciplinary team where I work." BMA Medical Book Awards 2010 - Highly Commended in the Psychiatry Section Reflective Practice has become established as an essential feature of practice in psychotherapy and counselling in the UK, Europe, USA and some other parts of the world. However, the writing on reflective practice is arguably fragmented and scattered, and much of it is highly theoretical and abstract. This book draws together conceptual and ethical issues regarding reflective practice, including the meaning and development of the orientation. More importantly, it connects theory to day-to-day practice in psychotherapy and counselling, addressing issues such as: What does reflective practice look like, in practice? How do we develop the skills in carrying it out? What ways does it assist practice? The book offers an exploration...



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