



Getting the Most from Supervision: A Guide for Counsellors and Psychotherapists (Professional Handbooks in Counselling and Psychotherapy)

Alan Dunnett, Caroline Jesper, Máire O'Donnell, Kate Vallance

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Counsellors and psychotherapists in the UK are required to have a supervisor to support them in their work. Yet few books consider the experience of supervision from the perspective of the supervisee.

This book fills the gap by focusing on what supervisees need to bear in mind in order for the process of supervision to be both constructive and productive.

- It acts as a 'how-to' guide, offering advice on all aspects of the supervisory relationship, from finding the right supervisor through to dealing with interpersonal tensions and ethical dilemmas
- It is packed with tips and advice grounded in the authors' years of real-life practice and vividly illustrated by brief examples throughout. Reflective questions at regular intervals will help readers to apply what they read to their personal experience.

Perfect for all stages of development, whether you are a trainee, novice practitioner or seasoned professional, this is an essential handbook for everyone working in the counselling and psychotherapy fields.

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