



# **The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees**

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# The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees

## The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees

Written by a team of leading trainers, practitioners and supervisors, this bestselling book provides all the help and advice you'll need as you start and progress through your training in counseling and psychotherapy. It will also be an essential resource as you go on to take your first steps into therapeutic practice.

The book identifies and guides you through the practical skills and knowledge you'll need to make a success of your training - from writing essays, through case formulation, and on to preparing for your first meeting with a client. A further important function of the book is to address and allay the concerns which are common to all students. Now in its third edition, The Trainee Handbook has been fully updated to take account of the significant changes that have taken place in the therapy professions over the last few years.

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