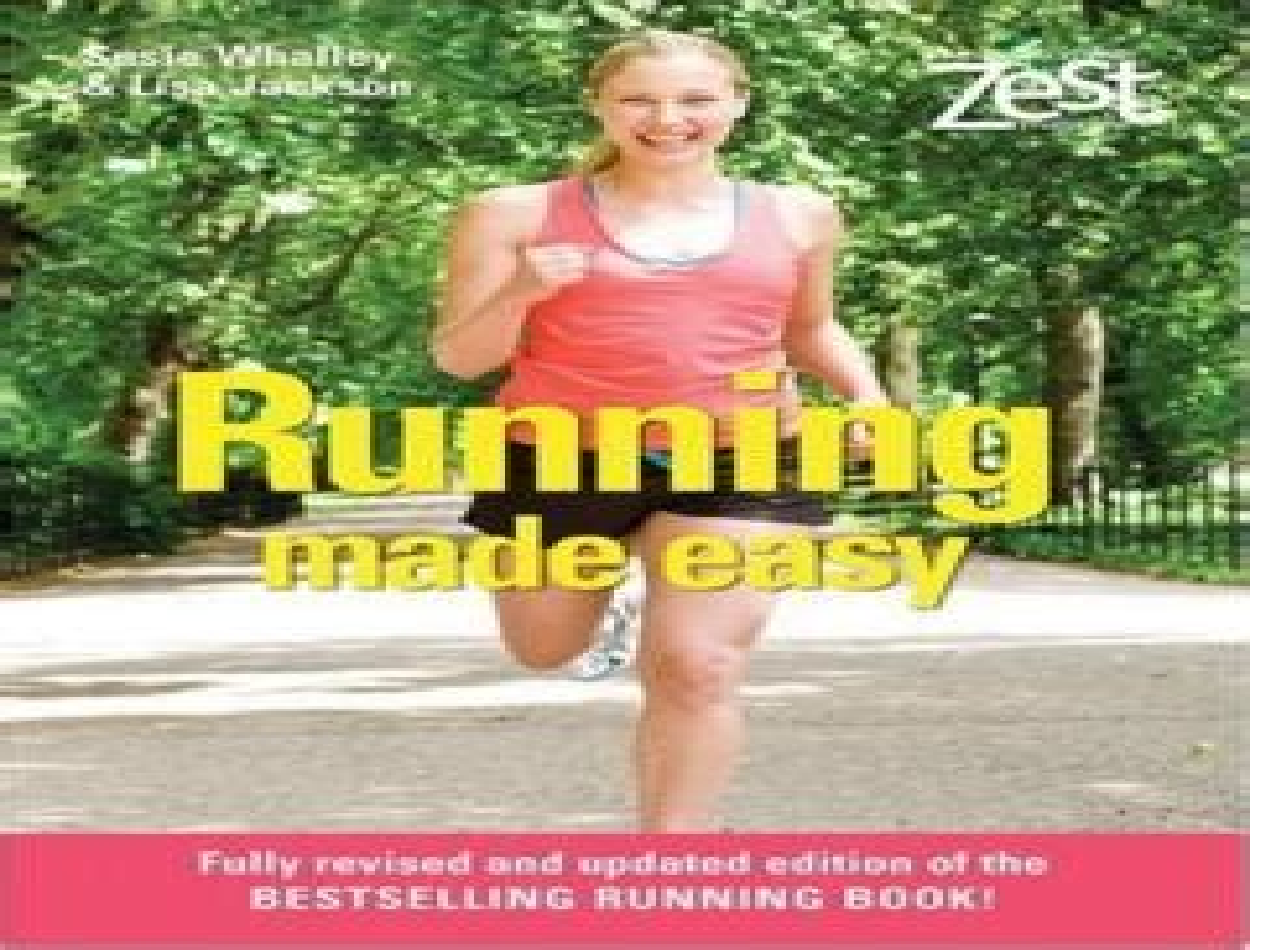


A smiling woman with blonde hair, wearing a red tank top and black shorts, is running on a paved path. The background is filled with lush green trees and foliage. The overall scene is bright and positive, representing the theme of the book.

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Rowan Bayne, Gordon Jinks, 2010-03-04 Training to be a counsellor can be an intense and demanding experience full of stresses and anxieties It can also be positive and fulfilling This easy to use guide can help you make the most of your training so that you survive and importantly enjoy your course From choosing a course to writing a report the book examines the biggest and passively most daunting issues you will face on the way to becoming qualified The information is presented in easily digestible bite size chunks so that you can dip in and out of the text as your training programme and your understanding progresses Drawing on the authors extensive teaching experience and the wider literature *How to Survive Counsellor Training* Provides a realistic and reassuring advice at every stage in order to reduce anxiety and allow you to grow in confidence Informs your choices and suggests possible actions and strategies Explains the rationale behind some aspects of training offering hints about how to get the most out of the experience Helps and encourages you to take care of yourself and pay attention to your own personal development Warns you about some of the challenges you might face and suggests strategies for coping with them Clearly structured and a pleasure to read and use this text is aimed at prospective and beginning trainees and will prove a practical and stimulating reference for counsellors throughout their training and beyond

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