

Reflective Practice in Counselling and Psychotherapy (Counselling and Psychotherapy Practice Series)

By Sofie Bager-Charleson

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A good understanding of reflective practice is essential for good practice in counselling and psychotherapy, and is a criterion for accreditation with the British Association for Counselling and Psychotherapy. This book takes students on a step-by-step journey through the history of reflective practice, from its origins with Donald Schon through to ideas of knowledge and power and how the counsellor or psychotherapist deals with issues surrounding the 'self'. A central theme of the book is the concept of self-reflection and what motivates a therapist to do an often difficult and sometimes emotionally complex job.

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
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Review

"Manages to convey very complex current thinking in an accessible way for students and it is supported by impressively wide range of up-to-date literature." (Lecturer, Anglia Ruskin University)

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About the Author

Sofie Bager-Charleson is a psychotherapist, supervisor and writer. She draws from psychoanalytic, existential and cognitive behavioural theory with a particular interest in postmodern influences on therapy. She holds a PhD from Lund University in Sweden, where she specialised in attachment issues within families and reflective practice amongst teachers. She writes both fiction and non-fiction. She works as an academic adviser for psychotherapists on the work based doctorate programme, DPpsych with Metanoia/Middlesex University. She runs workshops and courses in therapeutic practice, reflective and creative writing, in both Sweden and England.

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