



# A Beginner's Guide to Training in Counselling & Psychotherapy

*Robert Bor, Stephen Palmer*

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'This book will be of interest to anyone who may be considering training for a career in counselling and psychotherapy.. This text provides the reader with a considerable amount of information that may be used to select and hopefully successfully complete the right programme of study pertinent to their specific requirements. It maintains a good balance of being honest about the often rigorous and intense task of completing training, as well as being kindly reassuring that success can be achieved if approached in the right manner with sound advice being given throughout on how this may be carried out effectively' - Jacqueline A Lawrence, *Counselling Psychology Review*. This highly practical and informative book is designed for all who are considering training in counselling, counselling psychology or psychotherapy. To secure work within these increasingly professional and competitive fields, candidates need to have the appropriate training and qualifications. While theoretically, and in practice, the professional groups have much in common, each has its own distinct training routes and qualifications which can be confusing for the newcomer. *A Beginner's Guide to Training in Counselling & Psychotherapy* sets out clearly the range of options for trainees including the professional pathways and main theoretical models available to them. Drawing on their vast experience as trainers, practitioners and former trainees, the contributors provide insights into what to expect from training and offer clear advice to help the reader: - select the right training - identify personal qualities which make them suitable or unsuitable - make a successful application - get the most out of training. This book is the ideal starting point for anyone considering training in counselling, counselling psychology or psychotherapy. Trainers who want to provide students with an overview of the training process will find this an excellent text to recommend as initial or pre-course reading.

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