



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

*Sofie Bager-Charleson*

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

Sofie Bager-Charleson

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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