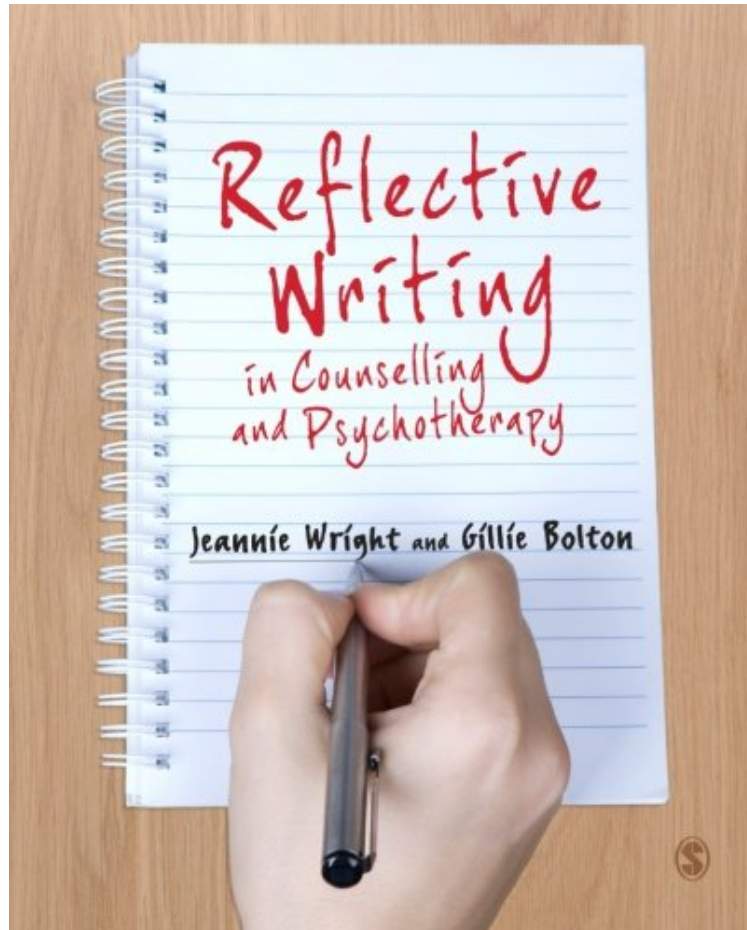


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Reflective Writing in Counselling and Psychotherapy

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Jeannie Wright, Gillie E J Bolton : Reflective Writing in Counselling and Psychotherapy before purchasing it in order to gauge whether or not it would be worth my time, and all praised Reflective Writing in Counselling and Psychotherapy:

Have you been asked to keep a personal development portfolio or reflective journal? Are you struggling to know where to start, how to write or what to include? If the answer is prime;yesprime;, Reflective Writing in Counselling and Psychotherapy will provide you with a straightforward route in, telling you all you need to know about writing reflectively for your own personal and professional development. Offering staged exercises, case-studies, examples and ideas for self-directed learning, this book will lead the reader along an exciting journey of written self-awareness.

"This book offers a gentle and creative invitation to the use of reflective writing in counselling and psychotherapy. In

supplying a clear account of different approaches to reflective writing, and a large number of stimulating writing tasks, this book makes a timely, welcome and necessary contribution to this area of therapeutic training and practice.'John McLeod, Professor of Counselling University of Abertay Dundee 'In this book Wright and Bolton make a compelling case for the benefits and role of reflective writing in the therapist's tool kit of self-development and awareness. Written in an engaging and practical style, and underpinned by a clear theoretical framework, this book makes a significant contribution to the existing literature. I think it is highly likely to succeed in encouraging readers to give serious consideration to the benefits of reflective writing and journal keeping in their own personal development, irrespective of personal learning style. It will certainly be a welcome companion and guide for therapists who are engaged in reflective writing as a training or professional requirement. Ultimately, this valuable book reminds us that there are many means available to enhance therapist personal development and the capacity to mentalise our experience, and that we are likely to achieve a richer picture and experience of ourselves if we engage with multiple processes and methods of reflexive activity. It will certainly become recommended reading for counselling psychology trainees on my programme!' Dr Mark Donati, Course Leader and Principal Lecturer, Professional Doctorate in Counselling Psychology, London Metropolitan University 'This is an engaging, comprehensive and practical book about writing for self-discovery and reflection. 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About the Author Dr Gillie Bolton is an international authority on writing and author of a long publication list including nine books (one in 4th Edition), academic papers (many in top ranking journals), as well as professional articles, poetry, and for a lay readership.nbsp; She has peer-reviewed for many journals andnbsp; has been a long

serving editor of an academic and two professional journals.