



## The Trainee Handbook: A Guide for Counselling and Psychotherapy Trainees

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‘This is the book I was looking for before, during and after training. It provides clarity and... it enables trainee and new practitioner alike to draw boundaries around how much is necessary to know at any given time, and helps individuals prioritize in a way that doesn't overwhelm. The chapters are accessible, clear and compact.... The unity in the book is remarkable and is a tribute to Bor and Watts.... They state in their introduction that it was written in response to trainees' questions, and, for myself, the time wasted not knowing where to look or who or what to ask could have been very well served by this timely edition' - *Counselling News*

This comprehensive overview and supportive guide to the practic

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### Editorial Review

#### Review

`This is the book I was looking for before, during and after training. It provides clarity and dispenses with the anxiety associated with the belief that I never quite knew the whole picture. It enables trainee and new practitioner alike to draw boundaries around how much is necessary to know at any given time, and helps individuals prioritise in a way that doesn't overwhelm. The chapters are accessible, clear and compact... The unity in the book is remarkable and is a tribute to Bor and Watts... They state in their introduction that it was written in response to trainees' questions, and, for myself, the time wasted not knowing where to look or who or what to ask could have been very well served by this timely edition' - *Counselling News*

`I would definitely recommend this book to fellow trainees. I think it will become a `must have' at the start of any course and an essential resource to be referred to over and over again' - *Counselling Psychology Review*

`The book was refreshingly realistic, recognizing that trainees have lives and commitments outside their training course and that the task of juggling all the different demands is not an easy one....I would definitely recommend this book to fellow trainees. I think it will become a `must have' at the start of any course and an essential resource to be referred to over and over' - *Counselling Psychology Review*

`**The Trainee Handbook** is a very insightful and informative guide for trainees. It's a definite "buy", not only as part of a pre-course reading list but also as an *aide-memoire* for more seasoned practitioners' - *British Journal of Guidance & Counselling*

#### About the Author

Professor Robert Bor trained in the UK, South Africa and the USA. He is a Chartered Clinical, Counselling and Health Psychologist as well as a Fellow of the British Psychological Society. He is a UKCP Registered Family Therapist, having completed his specialist training at the Tavistock Clinic, London and a clinical member of the Institute of Family Therapy, London. He has a special interest in developing psychological support services for those affected by chronic or acute medical conditions, and especially those with cancer. He has published more than 150 articles and chapters in peer-review publications as well as 20 books on the psychological impact of illness and serves on the editorial board of numerous international journals. He is also the Consulting Psychologist to several leading schools in London including St Pauls School, The Royal Ballet School and JFS. He is an active member of the International Psycho-Oncology Society, consults to Chai Cancer Care in London and he is a Churchill Fellow.

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#### Terry Matlock:

Book is to be different for every grade. Book for children until eventually adult are different content. As you may know that book is very important for us. The book The Trainee Handbook: A Guide for Counselling and Psychotherapy Trainees has been making you to know about other expertise and of course you can take more

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**Joyce Johnson:**

Why? Because this *The Trainee Handbook: A Guide for Counselling and Psychotherapy Trainees* is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book adjacent to it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of gains than the other book have got such as help improving your skill and your critical thinking technique. So , still want to hold up having that book? If I have been you I will go to the publication store hurriedly.

**Alberta Jones:**

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