

# Contents

Notes on Contributors	vii
Acknowledgements	xiii
<b>1 Personal Development and Clinical Psychology</b> <i>Jan Hughes and Sheila Youngson</i>	1
<b>2 Personal Development in Clinical Psychology: The Context</b> <i>Sheila Youngson</i>	8
<b>3 What is Personal Development and Why is it Important?</b> <i>Jan Hughes</i>	24
<b>4 A Model of Personal Development Processes</b> <i>Sheila Youngson and Jan Hughes</i>	46
<b>5 'If They Don't Know Themselves, They Can't Help You Find Yourself, Can They Really?' Service User Perspectives on Personal Development of Clinical Psychologists</b> <i>Sheila Youngson, Rebecca Hames and Tracey Holley in collaboration with Charmaine Riley, Geoff, Judy and Margaret</i>	62
<b>6 Power and Identity: Considerations for Personal and Professional Development</b> <i>Sarah Davidson and Nimisha Patel</i>	75
<b>7 Supervision and Personal Development</b> <i>Joyce Scaife</i>	89
<b>8 Therapy and Personal Development</b> <i>Caroline Rake</i>	108



<b>9</b>	<b>Personal Development in a Group Setting</b>	
	<i>Fiona Smith, Sheila Youngson and Garry Brownbridge</i>	124
<b>10</b>	<b>Evaluating Personal Development in Clinical Psychology Training</b>	
	<i>Sheila Youngson with David Green</i>	147
<b>11</b>	<b>Personal Development in Clinical Psychology Training – ‘The Story So Far ...’</b>	
	<i>Clea Horner, Sheila Youngson and Jan Hughes</i>	168
<b>12</b>	<b>Processes in Personal Development in Training: The Trainee’s Experience</b>	
	<i>Jan Hughes and Sheila Youngson (with contributions from Kevin Baker, Steven Coles, Kathryn Dykes, Simon Platts, Nick Shelley, Stephanie Sneider, Vicky Tozer)</i>	188
<b>13</b>	<b>The Present and the Future</b>	
	<i>Sheila Youngson with Jan Hughes</i>	202
	<b>Index</b>	214