

Contents

<i>Preface</i>	vii
<i>Acknowledgements</i>	xi
1 Reflective Practice for Professional Development	1
2 Tracing Your Motivations to Become a Therapist	21
3 The Personal and the Relational Self of the Therapist	39
4 Adopting a Theoretical Lens	64
5 Connecting with Clients and Building a Therapeutic Alliance	86
6 Understanding Personal and Professional Values	122
7 Engaging with Diversity in the Therapy Room	143
8 Learning from Clients	179
9 Supervision and Reflective Practice	200
10 Being in Personal Therapy	225
11 Investing in Self-care and Growth	245
12 The Reflective Path: Integrating Reflection into Training, Practice and Research	274
<i>References</i>	288
<i>About the Authors</i>	345
<i>Index</i>	346