



The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees

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Written by a team of leading trainers, practitioners and supervisors, this bestselling classic is the trainee therapist's best friend. It identifies and guides trainees through the practical skills and knowledge they'll need to make a success of their training - from writing essays, through case formulation, and on to preparing for their first meeting with a client. Along the way, it addresses and allays the concerns which are common to all students.

Now in its **fourth edition**, the book has been fully updated to take account of the significant changes in the therapy professions in recent years. It now includes new and important chapters on:

- Evidence-based practice
- Working with diversity
- Reflective practice
- Using social media, technology and online therapy

The Trainee Handbook is an invaluable companion, and source of information and guidance for all trainees in counselling, psychotherapy and counselling psychology, and newly-qualified therapists entering into practice.

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