

113HSC - Personal Development and Reflective Practice 19/20

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7 items

113HSC - Personal Development and Reflective Practice (7 items)

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Essential Reading (5 items)

Personal development in counselling and psychotherapy, by Sofie Bager-Charleson, 2012
[Book](#) | Essential

Personal and professional development for counsellors, psychotherapists and mental health practitioners, by John Mcleod; Julia Mcleod, 2014
[Book](#) | Essential

Games people play: the psychology of human relationships, by Eric Berne, c2004
[Book](#) | Essential

Counselling for toads: a psychological adventure, by Robert De Board; Kenneth Grahame, 1998
[Book](#) | Essential

Mindfulness: a practical guide to finding peace in a frantic world, by J. Mark G. Williams; Danny Penman, 2014
[Book](#)

Recommended Reading (2 items)

Personal development in counsellor training, by Hazel Johns, 2012
[Book](#) | Recommended

Reflective writing in counselling and psychotherapy, by Jeannie Wright; Gillie Bolton, 2012
[Book](#) | Recommended
