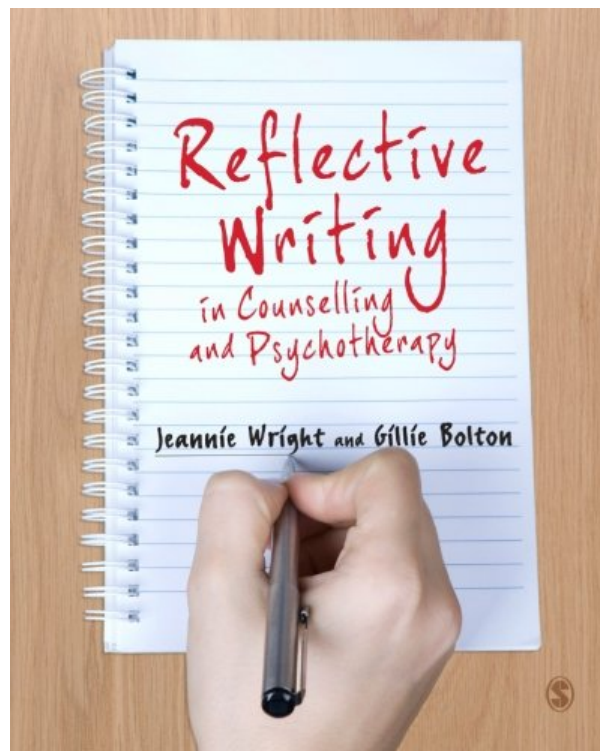
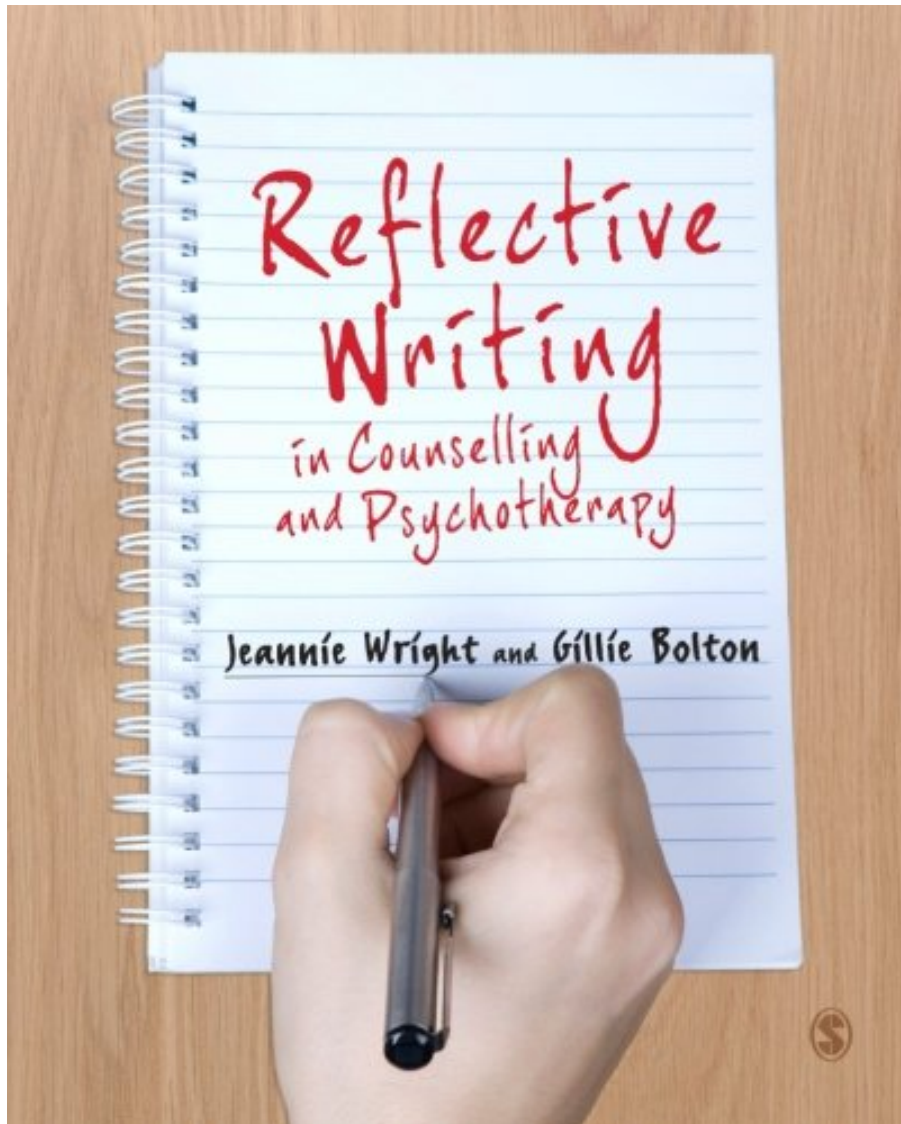


REFLECTIVE WRITING IN COUNSELLING AND PSYCHOTHERAPY BY JEANNIE WRIGHT, GILLIE E J BOLTON



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About the Author

Dr Gillie Bolton is an international authority on writing and author of a long publication list including nine books (one in 4th Edition), academic papers (many in top ranking journals), as well as professional articles, poetry, and for a lay readership. She has peer-reviewed for many journals and has been a long serving editor of an academic and two professional journals.

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Have you been asked to keep a personal development portfolio or reflective journal? Are you struggling to know where to start, how to write or what to include? If the answer is 'yes', Reflective Writing in Counselling and Psychotherapy will provide you with a straightforward route in, telling you all you need to know about writing reflectively for your own personal and professional development. Offering staged exercises, case-studies, examples and ideas for self-directed learning, this book will lead the reader along an exciting journey of written self-awareness.

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