Personal Development and Clinical Psychology

Jan Hughes, Sheila Youngson


DESCRIPTION

Personal Development and Clinical Psychology is a vital reference text for all those involved in clinical psychology and related professions. This book offers a comprehensive exploration of the methods, approaches, theories and issues surrounding personal development, incorporating a number of different views from both those practising and training in the field, and includes service users’ perspectives. The importance of personal development is considered and chapters are devoted to presenting a model of the different processes, examining issues of power and identity, and assessing how training courses currently approach and encourage personal development and how it might be evaluated. The book culminates in summarising the major themes, and offers suggestions for future developments.

• In line with BPS accreditation criteria which identifies personal development as a core learning objective

• Offers an historical overview of the clinical psychology profession

• Includes the voices of service users and carers

• Considers how personal development can be assessed

• Also of interest to counselors, psychotherapists, and nurse therapists as well as clinical psychologists and related professions outside the UK
ABOUT THE AUTHOR

Jan Hughes is Director of Clinical Practice on the Doctorate in Clinical Psychology training programme at the University of Sheffield. Jan has had an interest in personal development throughout her career, particularly during and beyond training. For many years she was also a Consultant Clinical Psychologist in the NHS.

Sheila Youngson is Deputy Clinical Director on the Clinical Psychology training programme at the University of Leeds. She has had responsibility for the Personal and Professional Development Core Theme at Leeds for over a decade. Sheila has been a clinical psychologist in the NHS since 1981, and is currently a Consultant Clinical Psychologist in Child Health and Clinical Supervision in the Leeds Teaching Hospitals NHS Trust.

FEATURES

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