



# How to Survive Counsellor Training: An A-Z Guide

*Rowan Bayne, Gordon Jinks*

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Training to be a counsellor can be an intense and demanding experience, full of stresses and anxieties. It can also be positive and fulfilling. This easy-to-use guide can help you make the most of your training so that you survive - and, importantly, enjoy - your course.

From choosing a course to writing a report, the book examines the biggest and passively most daunting issues you will face on the way to becoming qualified. The information is presented in easily digestible, bite-size chunks, so that you can dip in and out of the text as your training programme – and your understanding – progresses.

Drawing on the authors' extensive teaching experience and the wider literature, *How to Survive Counsellor Training*:

- Provides a realistic and reassuring advice at every stage, in order to reduce anxiety and allow you to grow in confidence
- Informs your choices and suggests possible actions and strategies
- Explains the rationale behind some aspects of training, offering hints about how to get the most out of the experience
- Helps and encourages you to take care of yourself and pay attention to your own personal development
- Warns you about some of the challenges you might face and suggests strategies for coping with them.

Clearly structured and a pleasure to read and use, this text is aimed at prospective and beginning trainees and will prove a practical and stimulating reference for counsellors throughout their training and beyond.

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