



Choosing a Counselling or Psychotherapy Training: A Practical Guide

Sylvie K. Schapira

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There are a bewildering number of counselling and psychotherapy courses on offer: yet often trainees are not fully aware of the implications of their choice of course for their time, finances and future career until they have already begun training. *Choosing a Counselling or Psychotherapy Training* takes the reader through all the stages of the therapeutic training path, looking at everything from starting a course to employment prospects.

Informative and realistic, the book includes:

- * Theoretical approaches to counselling and psychotherapy
- * Preparation for starting a course: costs and course content
- * Qualifications, registration, accreditation and research
- * Careers in therapy

Choosing a Counselling or Psychotherapy Training is essential preparatory reading for all those embarking on counselling or psychotherapy courses, as well as for trained counsellors and therapists considering their career development.

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