



Getting the Best Out of Supervision in Counselling & Psychotherapy: A Guide for the Supervisee

Mary Creaner

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Getting the Best Out of Supervision in Counselling & Psychotherapy does exactly what it says on the tin! Supervision is an essential part of counselling training and ensuring you know exactly *how* to get the very most out of supervision is important, whatever their level of study. Exploring how to begin, maintain and end a supervisory learning relationship in the context of existing theory and best practice guidelines, the author will introduce your trainees to:

- Models and forms of supervision
- The skills informing good supervision
- What to expect from supervision
- Key professional issues in supervision

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Written in a lively and engaging style, this book will enable both supervisors and supervisees to get the best they can from the supervisory experience.

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