



Becoming a Therapist: On the Path to Mastery

Thomas M. Skovholt

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Praise for *Becoming a Therapist*

"This resource is filled with practical and personal advice, relevant stories, and examples, and reads more like help from a friend than a typical textbook."

—**Roberta L. Nutt, PhD, ABPP**, Visiting Professor and Training Director, Counseling Psychology Program, University of Houston

"Ah, now this is the book I wish had been available when I entered the field. Tom Skovholt has defined the initial experiences and followed the process through to the culmination of the therapeutic experience in a truly great book. *Becoming a Therapist* is a major contribution to our field."

—**Arthur (Andy) M. Horne**, Dean and Distinguished Research Professor, College of Education, The University of Georgia; President-Elect, Society of Counseling Psychology

"*Becoming a Therapist's* informal style is accessible and engaging and yet soundly grounded in evidence and in the wisdom Skovholt has developed through his career-long research on psychotherapists and their development."

—**Rodney K. Goodyear, PhD**, Professor, School of Education, University of Redlands; Emeritus Professor of Education (Counseling Psychology), University of Southern California

Essential guidance for mental health professionals navigating the start of their helping careers

Written for those entering a career in the helping professions, *Becoming a Therapist: On the Path to Mastery* explores the therapeutic career path for new practitioners, painting a vivid portrait of the novice therapist's journey.

This practical book guides you in using the helping relationship to improve the lives of others, whether your chosen profession is in counseling, clinical psychology, social work, school counseling, addictions counseling, family therapy, medicine, community counseling, pastoral counseling, or academic advising.

Destined to become the resource every new practitioner turns to again and again, *Becoming a Therapist* prepares you for the reality of what it means to be a beginning therapist, with relevant discussion of:

- The fifteen indispensable qualities of every mental health professional
- The unfolding practitioner self
- Self-care for burnout prevention and resiliency development
- The importance of culturally competent practice to practitioner expertise
- Practice, research/theory, and personal life: the practitioner's learning triangle
- The significance of peer relationships in the novice experience

Steeped in author Thomas Skovholt's years of experience, *Becoming a Therapist* thoroughly and clearly illustrates the excitement, intensity, anxiety—and, ultimately, the satisfaction—you can expect as a helping professional.

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Julia Gilmore:

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Louise Villanueva:

Do you have something that you want such as book? The book lovers usually prefer to decide on book like comic, short story and the biggest you are novel. Now, why not seeking **Becoming a Therapist: On the Path to Mastery** that give your enjoyment preference will be satisfied by simply reading this book. Reading routine all over the world can be said as the opportunity for people to know world far better then how they react to the world. It can't be explained constantly that reading routine only for the geeky particular person but for all of you who wants to possibly be success person. So , for every you who want to start studying as your good habit, you could pick **Becoming a Therapist: On the Path to Mastery** become your starter.

Bonnie Thorp:

The book untitled **Becoming a Therapist: On the Path to Mastery** contain a lot of information on that. The writer explains her idea with easy technique. The language is very simple to implement all the people, so do definitely not worry, you can easy to read the item. The book was authored by famous author. The author provides you in the new age of literary works. You can actually read this book because you can continue reading your smart phone, or device, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice go through.

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