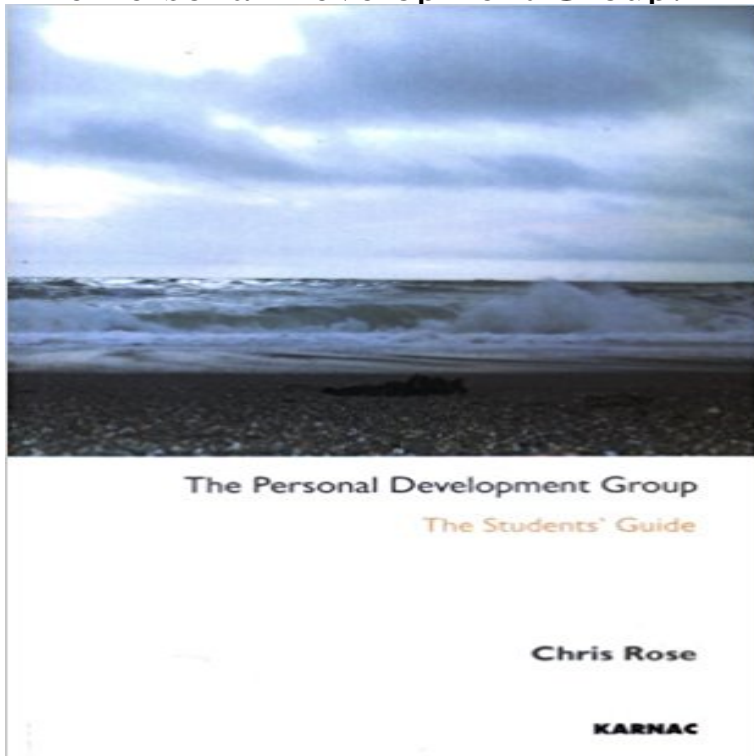


## The Personal Development Group: The Students Guide



Chris Rose charts the course of a Personal Development (PD) group through various stages, dealing with fundamental themes such as conflict, authority, resistance and difference. The task is always to keep in focus both the individual experience and the group process. This dual perspective provides group members with important resources to understand and make better use of their own PD group. The elusive task of personal development is vital to the formation of competent counsellors and psychotherapists. Any course that has a PD group will benefit from the understandings that the book can offer, irrespective of theoretical model. This book encourages students to engage with their own development in a pro-active and informed manner. It invites them to challenge attitudes and assumptions in a thoughtful self-reflexive style. This book also provides an introduction to group work that will be valuable for those who are no longer students but are curious about what happens in groups. Whatever the stage of development, there is material to engage and stimulate the reader.

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