



# The Personal Development Group: The Student's Guide

*Chris Rose*

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## **The Personal Development Group: The Student's Guide** Chris Rose

The personal development group is a feature of many counselling and psychotherapy trainings. How does it facilitate personal development? Could it be more effective? Looking from the perspective of the student, this book offers an insight into the workings of the group and the communications that take place within it. The complex relationship between group and individual is explored in the wider context of culture and society. Through examples and exercises, readers can learn about themselves as they learn about the group processes that they are experiencing. Chris Rose charts the course of a 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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