A Qualitative Exploration of the Impact of Personal Development in Counselling Training on the Student Counsellor's Significant Relationships: Should Counsellor Training Come with a Stronger Warning or More Support?

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Abstract.

A small scale qualitative research study set out to explore the impact of the personal development element of counsellor training on the student counsellors’ significant relationship. Six qualified counsellors shared their own experiences of training, and the impact it had on their relationships, in a semi-structured, one to one interview. The data gathered was subjected to a form of grounded theory. The study concluded that the personal development element does have an impact on students’ relationships; some survived and others ended. Whilst this was generally perceived by the participants as positive, the study found a number of factors, resulting from personal development in counselling training, which did contribute to various stresses being placed on the participants’ relationships.
Declaration.

I declare that this work is original and has not been submitted previously in support of any qualification or course.

Signed.............................

Karen Ann Collins
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