

PERSONAL
DEVELOPMENT
ECHC 5003

- ASSESSMENT 2
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PERSONAL BOUNDARIES

- Reflective Writing
- Personal Resilience
- Self-care
- Attachment theory

- (Boulton, 2005)
- (Holmes, 2014)

PERSONAL BOUNDARIES

- Congruence
 - Personal Therapy
 - Self-care for the Counselling Professions
- (Rogers, 1967,p.61)
 - (BACP, 2020)

PROFESSIONAL BOUNDARIES

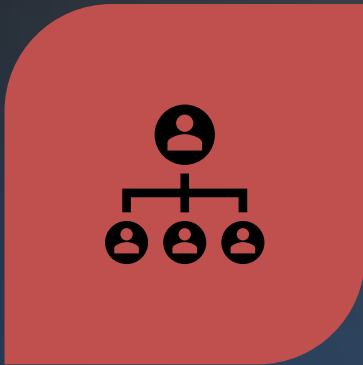
- Placement organization
- Three Stage Trauma model
- Telephone Counselling
- Continual Professional Development (CPD)
 - New Pathways,(2020)
 - Rothschild, (2000)

SUPPORT

- Supervision
- Interpersonal Process Recall
- Personal therapy
- Peer support

- (Kagan, 1980)

SUPPORT



FAMILY



FRIENDS



SELF-CARE

SELF-CARE?

- Respect yourself
- Sleep well
- Relax
- Hobbies
- Chill out!

PERSONAL DEVELOPMENT JOURNEY

- Working in Sexual Violence Settings
- Applied Suicide Intervention Skills Training (Asist)
- Telephone counselling
- Solution Focused Therapy

(AS Cymru, 2017)

(Insoo Kim-Berg, 1998, Milton Erikson Foundation)

NEW CHALLENGES FOR FUTURE GROWTH

- Maintain Boundaries
- Address Grief
- Complete Degree
- Nurture my Professional Self



CONCLUSION

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