



Supervision and Counselling, by Gaie Houston.(107 pp.)

Since this book first came out in 1990, there is far wider insistence that counsellors, therapists, psychotherapists, and many others who use the same skills in allied professions, need help through supervision. They need to monitor, encourage, inform and inspire themselves, with the help of another qualified person.

Many institutions now require a good deal more supervision of their members than before. So more and more people are looking for ways to be useful and responsible, stimulating and heartening standard bearers in this field. This book is addressed to established and new supervisors, and to the internal supervisor within all of us.

The book deals simply and in enough detail with many related topics, from ethics to practicalities, from theoretical models and annual review methods to a number of enlivening exercises. The field bulges nowadays with books on specific aspects of supervision. This one sets out to convey the principles that will lead to effective therapy, and clarity for both parties to supervision, and which can be summed up as Policing, Plumbing and Poetry.

Supervision and Counselling costs £7.99 a copy, post free in the UK, £8.00 for mainland Europe, and £10 beyond that. Cheques or money orders, made out to Gaie Houston, need to be in sterling, please. Send with your order and return address to **8, Rochester Terrace, London NW1 9JN UK.**

To email Gaie click [HERE](#)

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- **ETHICS/PRACTICES.** Contracts, money, agencies, letters, with examples.
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- **USE AND ABUSE OF POWER IN THERAPY.** And in supervision.
- **KEEPING RECORDS.** Another how-to chapter, to take the grind out of this task.
- **SKIN RELATION.** The contrast between a natural kind of therapeutic intervention, and the dictates of litigation and such.
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- **STAYING LIVELY**
- **THE ECHO.** A description of parallel process and how to make good use of it.
- **THE ANNUAL REVIEW.** The whole person of the supervisee, as well as her work.
- **LOOKING AFTER YOURSELF.** Keeping in touch, having a reference group, and more.
- **A CRITICAL LIST OF CONFIGURATIONS.** Many of the ways in which supervision can be done, with a look at what suits whom when.