



Self Supervision: A Primer for Counselors and Human Service Professionals

Patrick J. Morrissette

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Self-Supervision synthesizes past and current literature on the theory and practice of self-supervision and provides counselors and human service professionals with a plan for the pursuit of independent professional growth.

Beginning with a historical overview and discussion of the counselor-client relationship, boundary transgressions, the counselor's family-of-origin and unresolved issues, and disclosure styles, the author provides the reader with a foundation for understanding the issues that must be examined when evaluating one's own work. He then outlines the reflective process and describes the actual practice, guiding principles, and strategies for self-supervision. Finally the author presents several proactive measures for counselor self-care that readers will find useful.



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