



Person-Centred Counselling Supervision: Personal and Professional (Living Therapy Series)

Richard Bryant-Jefferies

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Nursing is no longer the job it once was. Nurses have progressed to relative autonomy and specialised practice. In theory, these changes should make the working conditions for nurses more satisfying. However, sometimes excessive pressures produce stress that overshadows professional practice. Survival is not only about learning to cope with changed circumstances, but also about how to flourish and enjoy your working life. That is why this practical workbook takes you on a path from detecting and controlling stress, through encouraging assertiveness skills and time management, to enhancing job satisfaction and promoting career development. Six stand-alone modules make up the programme, which can be used by individuals as an informal resource, or by small groups of nurses and professionals allied to medicine undertaking the programme as part of clinical supervision. Organisations employing nurses in both the community and in hospitals can enhance morale and regenerate commitment by encouraging peer groups to work through the programme in the same way. The beauty of a programme like this is that you can work at your own pace. Following the programme should build up your confidence in your own personal and professional qualities, so that by the end you will agree that nursing is no longer the job it was - it is better!

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