

A Clinician's Guide to

# HEALING THE WOUNDS OF RACIAL TRAUMA

A 12-SESSION
CBT-BASED
PROTOCOL

# **Viral Hit Healing Trauma Guide**

Xiaolong Qi

#### **Viral Hit Healing Trauma Guide:**

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Reflective Practice in Psychotherapy and Counselling Poornima Bhola, Chetna Duggal, Rathna Isaac, 2025-11-17 This volume explores the what when and how of reflective practice positioning reflection as a vital tool for self exploration and professional development in psychotherapy and counseling It draws on research and integrates therapist voices and perspectives self reflective exercises and experiential activities to support applied learning The book emphasizes the use of reflection to engage with core aspects of therapeutic work including therapist motivations the evolving sense of self choice of theoretical orientation building a therapeutic alliance navigating the digital world understanding therapist values and engaging with diversity The role of reflective practice is spotlighted in the context of supervision personal therapy and learning from clients perspectives Self care is situated within both personal and systemic contexts with practical strategies offered to enhance therapist well being and resilience The concluding chapter reviews emerging trends and future directions in reflective work across training research and therapy practice This resource is relevant for therapists at all stages of

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