

Guidelines for writing a personal statement

Firstly, thank you for considering South Bucks Counselling to complete the placement requirement of your training. Also, thank you for taking the time to write this personal statement. The purpose of which is to demonstrate what you feel you would bring to the role of Placement Counsellor with South Bucks Counselling from your previous experience and your training, to date.

It is helpful for us if you can reflect on what you have learned about yourself through psychodynamic or integrative thinking and opportunities for self-reflective work; that is, how your early life and personal history, and the experiences you have had have shaped your development and ways of relating. In what ways might a psychodynamic or integrative point of view, both theoretical and therapeutic, be influencing your current personal development and professional working life? To what extent does it help you towards increasing self-awareness and a growing understanding of experiences of your own and that of others?

This statement need not be very long, perhaps just a page.