Learning Human Skills
An Experiential and Reflective Guide for Nurses - Third Edition
1995
Philip Burnard

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He has written a substantial number of books for the health care professions, contributes to numerous journals and lectures internationally.

Learning Human Skills is widely regarded as one of the key texts for teaching and learning effective interpersonal, counselling and group skills at both student and practitioner level. It's focus is very practical, showing how personal experience can provide a rich, untapped reservoir of knowledge which can only enhance the process of nursing.

In order to help or understand patients, health care professionals should first understand themselves. This book is designed for practitioners and students to get to know the theoretical underpinnings and a sequence of experiential exercises to facilitate this.

In this third edition, some welcome, new material on reflective practice, research and experiential learning activities with larger groups has been included.

The following is included in Burnard's third edition
* The self and self awareness
* Experiential learning
* Reflection as experiential learning
* Experiential learning research
* Using experiential learning activities
* Experiential exercises for human skills: 1 Counselling skills
* Experiential exercises for human skills: 2 Group skills

Valuable appendices are included with topics for pair and group activities.

This book is a must for all nurses who work with individuals and groups and want to help their patients develop their full potential.

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