

Child Centered Play Therapy Workbook A Self Directed Guide For Professionals

Happiness is a day, pain is also a day. Open thoughts opens happiness; smile to pressure, and shake hands with entanglement: 6 solutions to quickly help you get rid of stress, ACT hexaflex runs through the book. Master these 6 solutions, and you can also get rid of the pressure and live the rich life you yearn for. Option 1: Connect with the present (live here and now). Connect with the present means flexibly focusing on the experience of the moment and fully participating in current activities. Option 2: Get rid of the entanglement (observe your thoughts).

A thorough revision of the essential guide to using play therapy in schools Fully updated and revised, School-Based Play Therapy, Second Edition presents an A-to-Z guide for using play therapy in preschool and elementary school settings. Coedited by noted experts in the field, Athena Drewes and Charles Schaefer, the Second Edition offers school counselors, psychologists, social workers, and teachers the latest techniques in developing creative approaches to utilize the therapeutic powers of play in schools. The Second Edition includes coverage on how to implement a play therapy program in school settings; play-based prevention programs; individual play therapy approaches as well as group play; and play therapy with special populations, such as selectively mute, homeless, and autistic children. In addition, nine new chapters have been added with new material covering: Cognitive-behavioral play therapy Trauma-focused group work Training teachers to use play therapy Filled with illustrative case studies and ready-to-

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use practical techniques and suggestions, School-Based Play Therapy, Second Edition is an essential resource for all mental health professionals working in schools.

This book is an introduction to gestalt play therapy a technique which combines the principles of gestalt theory with play techniques, so that children are able to use play to address their needs and problems. Research has shown that this approach can be applied successfully in children with different types of emotional problems in order to improve their self-support and self-esteem. The Handbook of Gestalt Play Therapy provides the reader with an explanation of gestalt theory, a practical explanation of the gestalt play therapy model and also a wide range of play techniques that can be applied.

More than any other text on the market, The Heart of Counseling is effective in helping students to understand the importance of therapeutic relationships and to develop the qualities that make the therapeutic relationships they build with clients the foundation of healing. In these pages, students come to see how all skills arise from and are directly related to the counselor's development and to building therapeutic relationships. Student learning ranges from therapeutic listening and empathy to structuring sessions, from explaining counseling to clients and caregivers to providing wrap-around services, and ultimately to experiencing therapeutic relationships as the foundation of professional and personal growth. The Heart of Counseling includes: extensive case studies and discussions applying skills in school and agency settings specific guidance on how to translate the abstract concepts of therapeutic relationships into concrete skill sets exploration of counseling theories and tasks within and extending from core counseling skills videos that bring each chapter to life test banks, instructor's manuals, syllabi, and guidance for learning-outcomes

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assessments for professors

Since the first edition of this book was first published in 1984, public and professional interest in Filial Therapy has grown substantially throughout the world. Research on the approach continues to grow. The third edition elaborates on the principles, values, and theories on which Filial Therapy is based and updates the research as well as the applications of the method to a wide range of presenting problems.

References have been updated, derivative formats have been included, and the method's multicultural value continues to be highlighted.

The Bestselling Text on the Theory and Practice of Play Therapy—Completely Updated and Revised Play Therapy Theory and Practice: Comparing Theories and Techniques, Second Edition provides a forum for the direct comparison of the major theoretical models of play therapy and their implications for treatment. Co-edited by Kevin O'Connor, one of the foremost authorities on play therapy, and Lisa Braverman, an experienced child psychologist, the new edition contains the most recent coverage of diagnostic approaches and treatment modalities in child psychology as they relate to integrating play therapy in practice. This edition also covers new topics such as bipolar and ADHD diagnosis and treatment. Thorough, yet extraordinarily practical, the editors use two case studies throughout the text to demonstrate the application of each play therapy technique and treatment approach, allowing the reader to compare each major model of play therapy and assess its utility to their own particular client needs and practice orientation. After the cases are presented in the introduction, ten chapters follow, each written by a renowned expert(s) in play therapy introducing a major model of play therapy and applying it to the opening cases. This consistent format enables professionals to gain a practical, hands-on understanding of

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how current approaches to play therapy work, as well as the underlying principles upon which they are based. Written for mental health professionals at all levels of training and experience, *Play Therapy Theory and Practice: Comparing Theories and Techniques, Second Edition* covers:

Psychoanalytic Play Therapy Jungian Analytical Play Therapy Child-Centered Play Therapy Filial Therapy Cognitive Behavioral Play Therapy Adlerian Play Therapy Gestalt Play Therapy Theraplay Ecosystemic Play Therapy Prescriptive Play Therapy Informative, thought provoking, and clinically useful, *Play Therapy Theory and Practice: Comparing Theories and Techniques, Second Edition* is a valuable resource for practitioners in the field of child psychotherapy, setting the standard for training and practice.

Child-Centered Play Therapy Workbook A Self-Directed Guide for Professionals: a Self-Directed Guide for Professionals Presenting the most recent advances in play therapy, including evidence-based approaches, this current volume is clinically oriented and features numerous case examples. Its coverage includes interventions that are effective with specific groups (e.g homeless children).

The use of techniques and interventions for play therapy during the supervision process for graduate and post-graduate counselors provides a host of benefits for the counseling student, post-graduate intern, and supervisor. The counselor in training is able to experientially integrate theory with practice through the use of different modalities that provide reflection and insight into their work with clients.

Additionally, the use of techniques and interventions

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for play therapy allows a secure and strong supervisory relationship, which allows the counselor in training to explore personal and professional goals; verbalize and conceptualize client issues, goals, and effective interventions; and develop counselor-client relationships that allow the client to progress during the therapeutic process. However, play therapy techniques and interventions are not often incorporated into the supervision process unless the clinician is a registered play therapist being supervised by a registered play therapist supervisor.

The Play Therapy Basic Training Workbook: A manual for learning and living the child-centered play therapy philosophy guides budding and seasoned play and child therapists through a philosophical orientation to child-centered play therapy while simultaneously integrating reflective and experiential exercises that are relevant to clinical practice.

Readers are engaged in the learning process from start to finish and as a result will witness personal and professional growth with completion of each section. Some chapter highlights includes: Childhood as a culture Stages of child-centered play therapy How to set limits in a play therapy session Is the child ready for termination?

COUNSELING CHILDREN covers the most practical and up-to-date methods for developing effective approaches to counseling children. Donna

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Henderson and Charles Thompson's text is unparalleled in its translation of theory into practice. This easy-to-read guide includes useful strategies and case studies to provide students with a realistic look at the counseling field. To further prepare readers for their professional work, the ninth edition includes 2014 ACA ethical standards, best practice guidelines for typical and atypical children's problems, and fresh ideas that facilitate understanding of the world of the child. Expanded coverage of children who have special concerns and of family interventions provides readers with effective ways to deliver interventions across multiple settings. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Highly practical, instructive, and authoritative, this book vividly describes how to conduct child-centered play therapy. The authors are master clinicians who explain core therapeutic principles and techniques, using rich case material to illustrate treatment of a wide range of difficulties. The focus is on nondirective interventions that allow children to freely express their feelings and take the lead in solving their own problems. Flexible yet systematic guidelines are provided for setting up a playroom; structuring sessions; understanding and responding empathically to children's play themes, including how to handle challenging behaviors; and collaborating

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effectively with parents.

Group Play Therapy presents an updated look at an effective yet underutilized therapeutic intervention. More than just an approach to treating children, group play therapy is a life-span approach, undergirded by solid theory and, in this volume, taking wings through exciting techniques. Drawing on their experiences as clinicians and educators, the authors weave theory and technique together to create a valuable resource for both mental health practitioners and advanced students. Therapists and ultimately their clients will benefit from enhancing their understanding of group play therapy.

I WANT TO BE is an educational workbook and keepsake book. It is intended for youth from birth through childhood, adolescence, and young adulthood. This wholesome book is an easy-to-use, and very interactive and engaging book for children and their caregivers. Each age range is sectioned accordingly, and offers tools and insights to help children with their typical concerns. It will introduce all young people to educational goals, organizing life, formation and health, character development and future goals, preparing for next steps, and safety planning. The book finishes with writing a prayer of gratitude, as well as an example of a Family Bill of Rights, and Family Advanced Directive. I hope that you will find these workbook tools a good thought and conversation starter, and a treasure for

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sentimental notes. This book is a gift for the special children in your life.

This indispensable workbook successfully combines the foundational content needed to orient play therapists to the child-centered approach with an engaging series of reflective and experiential activities designed to help develop therapeutic competence. The many activities included here allow readers to engage in an interactive process to learn the philosophy and skills of child-centered play therapy: seeing the world through the child's eyes, empathizing, tracking, setting limits, recognizing childhood as culture, identifying themes and stages of therapy, and more. Throughout, the authors provide a personal backdrop for learning and living the child-centered play therapy philosophy, based on their many years conducting and supervising play therapy sessions. Both budding and seasoned play and child therapists stand to gain richly from their insights.

Child and family psychotherapist Eric J. Green draws on years of clinical experience to explain his original model of Jungian play therapy. The empathic techniques he illuminates in this book can effectively treat children who are traumatized by abuse, natural disasters, and other losses, as well as children who have attention deficit and autism spectrum disorders. This manual is the highly recommended companion to CPRT: A 10-Session Filial Therapy Model.

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Accompanied by a CD-Rom of training materials, which allows for ease of reproduction and enhanced usability, the workbook will help the facilitator of the filial training and will provide a much needed educational outline to allow filial therapists to pass their knowledge on to parents. The Treatment Manual provides a comprehensive outline and detailed guidelines for each of the ten sessions, facilitating the training process for both the parents and the therapist. The book contains a designed structure for the therapy training described in the book, with child-centered play therapy principles and skills, such as reflective listening, recognizing and responding to children's feelings, therapeutic limit setting, building children's self-esteem, and structuring required weekly play sessions with their children using a special kit of selected toys. Bratton and her co-authors recommend teaching aids, course materials, and activities for each session, as well as worksheets for parents to complete between sessions. By using this workbook and CD-Rom to accompany the CPRT book, filial therapy leaders will have a complete package for use in training parents to act as therapeutic agents with their own children. They provide the therapist with a complete package for training parents to act as therapeutic agents with their own children.

This volume presents a unique, research-based approach to treating the prevalent, distressing, yet

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highly treatable problem of separation anxiety. The authors provide step-by-step guidelines for planning and implementing the entire process of therapy with children, adolescents, and their families--from intake and assessment through coping skills training, cognitive-behavioral interventions, and relapse prevention. Comprehensive case examples illustrate the complexities of building strong relationships with families under stress and effectively intervening with 3- to 17-year-olds across multiple situations (day and night) and settings (home, extracurricular, school, and camp). The book is written for maximum accessibility for clinicians from any background, even those with limited cognitive-behavioral therapy experience.

Inspired poetry with self-help activities. In this updated guidance text readers will be able to work on self-awareness and social awareness, positive attitude and productive decision-making.

In light of recent standards-based and testing movements, the issue of play in child development has taken on increased meaning for educational professionals and social scientists. This third edition of *Play From Birth to Twelve* offers comprehensive coverage of what we now know about play and its guiding principles, dynamics, and importance in early learning. These up-to-date essays, written by some of the most distinguished experts in the field, help educators, psychologists, anthropologists, parents,

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health service personnel, and students explore a variety of theoretical and practical ideas, such as: all aspects of play, including historical and diverse perspectives as well as new approaches not yet covered in the literature how teachers in various classroom situations set up and guide play to facilitate learning how play is affected by societal violence, media reportage, technological innovations, and other contemporary issues play and imagination within the current scope of educational policies, childrearing methods, educational variations, cultural differences, and intellectual diversity New chapters in the third edition of *Play From Birth to Twelve* cover current and projected future developments in the field of play, such as executive function, neuroscience, autism, play in museums, "small world" play, global issues, media, and technology. The book also suggests ways to support children's play across different environments at home, in communities, and within various institutional settings.

Psychotherapists, counselors, and other health care professionals are increasingly turning to expressive therapies--including art, music, dance/movement, drama, poetry, play, sandtray, and integrative approaches--in their work with clients of all ages. This timely volume offers a comprehensive presentation of these innovative and powerful modalities. Expert contributors present in-depth

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descriptions of their respective approaches to intervention with children, adults, and groups, giving particular attention to strategies for integrating expressive work with other forms of psychotherapy. Play Therapy: Treatment Planning and Interventions: The Ecosystemic Model and Workbook, 2e, provides key information on one of the most rapidly developing and growing areas of therapy. Ecosystemic play therapy is a dynamic integrated therapeutic model for addressing the mental health needs of children and their families. The book is designed to help play therapists develop specific treatment goals and focused treatment plans as now required by many regulating agencies and third-party payers. Treatment planning is based on a comprehensive case conceptualization that is developmentally organized, strength-based, and grounded in an ecosystemic context of multiple interacting systems. The text presents guidelines for interviewing clients and families as well as pretreatment assessments and data gathering for ecosystemic case conceptualization. The therapist's theoretical model, expertise, and context are considered. The book includes descriptions of actual play therapy activities organized by social-emotional developmental levels of the children. Any preparation the therapist may need to complete before the session is identified, as is the outcome the therapist may expect. Each activity description ends with a suggestion about how the therapist might follow up on the content and experience in future sessions. The activity descriptions are practical and geared to the child. Case examples and completed sections of the workbook are provided. It provides the therapist with an easy-to-use format for recording critical case information, specific treatment goals, and the overall treatment plan. Workbook templates can be downloaded and

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adapted for the therapist's professional practice. Presents a comprehensive theory of play therapy Clearly relates the theoretical model to interventions Provides examples of the application of both the theory and the intervention model to specific cases Describes actual play therapy activities Workbook format provides a means of obtaining comprehensive intake and assessment data Case examples provided throughout

"Play Therapy: The Art of the Relationship is a text for graduate-level counseling students in play therapy courses. It provides comprehensive and detailed information for creating therapeutic relationships with children and facilitating the play therapy process. Landreth stresses the importance of understanding the child's world and perspective, allowing play therapists to fully connect with them. Although there is this emphasis on the experiential aspect, the relevant research and theory are still considered. The author presents descriptions of play and the history of play therapy, child and therapist characteristics, play room set-up and materials, working with parents. Guidelines, transcripts, and case examples are provided for governing sensitive issues at every stage of the therapeutic process, from the first meeting to the end of the relationship. This new edition will incorporate the relevant research that has taken place since the publication of the previous, and includes new sections on supervision of play therapists, legal and ethical issues, and multicultural considerations in play therapy"--

Narrative Play Therapy is a highly effective play-based psychological intervention that enables therapists to help children communicate difficult experiences and complex emotions through co-constructed stories. This is the definitive guide to the approach, offering both a coherent theoretical outline and a clear explanation of its practical applications. Beginning with detailed accounts of the theory and history

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that has shaped the approach, this book provides necessary background knowledge for the successful application of Narrative Play Therapy. It looks at different client circumstances, including children experiencing adoption, parental separation or abuse, and demonstrates how the approach can be used in practice to support each client group therapeutically. The professional expertise of leading practitioners in the field is brought together to present a comprehensive framework for Narrative Play Therapy drawn from theory, understanding and practice. This is an essential resource for students of play therapy, play therapy practitioners, and all other professionals working with children therapeutically.

"Selecting Effective Treatments, Fifth Edition seeks to increase clinicians' understanding of the symptoms and dynamics of mental disorders and to provide a range of treatment options for each disorder, allowing clinicians to blend their own therapeutic strengths and preferences with those approaches that have demonstrated effectiveness. This book synthesizes the latest empirical research and provides readers with the background they need to be able to develop their own treatment plans for their clients that are not only evidence-based and practical. This book introduces readers to the DO A CLIENT MAP format that is used throughout the book. The Client Map is a comprehensive model of treatment planning, which can be adapted to any diagnosis. The DO A CLIENT MAP framework is explained in chapter 1 and the remaining chapters cover the major mental disorders and emerging trends. The mental disorders chapters follow the same easy-to-follow organization: - A description of the disorder - An overview of the characteristics that typify people with that disorder - A review of assessment tools available for the disorder - An overview of the qualities of style and personality that typify clinicians likely to be successful in

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treating the disorder - A review of the research on effective treatment of the disorder - Information on the prognosis for the disorder The content and chapter organization will evolve based on the changes to the DSM-5"--

Understanding and Treating the Aggression of Children: Fawns in Gorilla Suits provides a thorough review of the theoretical and research basis of the techniques and interventions in the treatment of aggressive and sometimes violent children. This is not a dry and sterile academic review but rather one that comes from work directly in the therapy room with thousands of hurting and in many cases traumatized children. One cannot read this book without being deeply moved and touched by the pain of these children and yet also be buoyed by their courage and willingness to persevere against formidable barriers. The metaphor of the fawn in a gorilla suit is introduced, followed by chapters covering developmental failures and invisible wounds, profound and unacknowledged losses, the implication of new findings from neuroscience, psychodynamics of aggressive children, risk factors when treating the traumatized child, special considerations when treating children in foster care, strengthening relationships with parents and helping them be more effective, enhancing relationships with direct care and instructional staff, developing mature defenses, and coping skills, creating a therapeutic milieu for traumatized children, and fostering hope and resilience.

"Focusing on the specific ingredients that activate clinical change, this book is enhanced by current research, more amplexcope, and an array of contributions in contemporary and relevant topic areas. It is full of inspiration, direction, and grounding. This is a stunning contribution to the field of child therapy." —Eliana Gil, PhD, Gil Institute for Trauma Recovery and Education A practical look at how play

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therapy can promote mental health wellness in children and adolescents. Revised and expanded, *The Therapeutic Powers of Play, Second Edition* explores the powerful effects that play therapy has on different areas within a child or adolescent's life: communication, emotion regulation, relationship enhancement, and personal strengths. Editors Charles Schaefer and Athena Drewes—renowned experts in the field of play therapy—discuss the different interventions and components of treatment that can move clients to change. Leading play therapists contributed to this volume, supplying a wide repertoire of practical techniques and applications in each chapter for use in clinical practice, including: Direct teaching Indirect teaching Self-expression Relationship enhancement Attachment formation Catharsis Stress inoculation Creative problem solving Self-esteem Filled with clinical case vignettes from various theoretical viewpoints, the second edition is an invaluable resource for play and child therapists of all levels of experience and theoretical orientations.

The Creative Arts Therapies Manual: A Guide to the History, Theoretical Approaches, Assessment, and Work with Special Populations of Art, Play, Dance, Music, Drama, and Poetry Therapies, edited by Stephanie L. Brooke, Ph.D. NCC, a nationally and internationally known author, is a unique contribution to the field of the creative arts therapies. It covers art, play, dance/movement, music, drama, and poetry therapies. Specifically, each of these creative disciplines is broken down into the following categories: history of the field, theoretical approaches, assessments, and work with special populations. No such book exists to this date which covers these critical areas in the creative arts therapies. The most well known, famous therapists in these creative arts therapies fields have contributed chapters to this manual. This distinctive handbook will be useful for creative arts therapists,

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mental health professionals, psychologists, counselors, educators, and students who are interested in these fields or use these disciplines as their main or their adjunct approach to working with clients.

This newly expanded and revised edition of the Child-Parent Relationship Therapy (CPRT) Treatment Manual is the essential companion to the second edition of Child-Parent Relationship Therapy (CPRT). The second edition is updated to include four new CPRT treatment protocols and parent notebooks adapted for specific populations: parents of toddlers, parents of preadolescents, adoptive families, and the teacher/student relationship, along with the revised original CPRT protocol and parent notebook for ages 3-10. This manual provides the CPRT/filial therapist a comprehensive framework for conducting CPRT.

Included are detailed outlines, teaching aides, activities, and resources for each of the 10 sessions. The manual is divided into two major sections, Therapist Protocol and Parent Notebook, and contains a comprehensive CPRT Training Resources section along with an index to the accompanying online eResource. The accompanying eResource contains all necessary and supplemental training materials in a format that allows for ease of reproduction and enhanced usability including the following: CPRT Protocol-Ages 3 to 10 and Parent Notebook Toddler Adapted CPRT Protocol and Parent Notebook Preadolescent Adapted CPRT Protocol and Parent Notebook Adoptive Families Adapted CPRT Protocol and Parent Notebook Teacher/Student Adapted Protocol and Teacher Notebook Therapist Study Guide

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Training Resources, Teaching Aides and Supplemental Materials Marketing Materials Assessments Drawing on their extensive experience as professional play therapists and filial therapists, Bratton and Landreth apply the principles of CCPT and CPRT in this easy-to-follow protocol for practitioners to successfully implement the evidence-based CPRT model. By using this manual and the accompanying eResource in conjunction with the CPRT text, filial therapists will have a complete package for training parents in CCPT skills to act as therapeutic agents with their own children. </l>section along with an index to the accompanying online eResource. The accompanying eResource contains all necessary and supplemental training materials in a format that allows for ease of reproduction and enhanced usability including the following: CPRT Protocol-Ages 3 to 10 and Parent Notebook Toddler Adapted CPRT Protocol and Parent Notebook Preadolescent Adapted CPRT Protocol and Parent Notebook Adoptive Families Adapted CPRT Protocol and Parent Notebook Teacher/Student Adapted Protocol and Teacher Notebook Therapist Study Guide Training Resources, Teaching Aides and Supplemental Materials Marketing Materials Assessments Drawing on their extensive experience as professional play therapists and filial therapists, Bratton and Landreth apply the principles of CCPT and CPRT in this easy-to-follow protocol for practitioners to successfully implement the evidence-based CPRT model. By using this manual and the accompanying eResource in conjunction with the CPRT text, filial therapists will have a complete package for training

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express their trauma with less difficulty. This approach seeks to use the actions of the body to heal the mind. This text contains information relevant to treatment for children, adolescents, and adults, as well as male or female, and in group or individual settings. Many useful activities are outlined and illustrations are provided as examples.

An integrative approach to play therapy blending various therapeutic treatment models and techniques Reflecting the transition in the field of play therapy from a "one size fits all" approach to a more eclectic framework that integrates more than one perspective, Integrative Play Therapy explores methods for blending the best theories and treatment techniques to resolve the most common psychological disorders of childhood. Edited by internationally renowned leaders in the field, this book is the first of its kind to look at the use of a multi-theoretical framework as a foundation for practice. With discussion of integrative play treatment of children presenting a wide variety of problems and disorders—including aggression issues, the effects of trauma, ADHD, anxiety, obsessive-compulsive disorders, social skills deficits, medical issues such as HIV/AIDS, and more—the book provides guidance on: Play and group therapy approaches Child-directed play therapy with behavior management training for parents Therapist-led and child-led play therapies Cognitive-behavioral therapy with therapeutic storytelling and play therapy Family therapy and play therapy Bibliotherapy within play therapy An essential resource for all mental health professionals looking to incorporate play therapy into treatment,

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Integrative Play Therapy reveals unique flexibility in integrating theory and techniques, allowing practitioners to offer their clients the best treatment for specific presenting problems.

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