



### **Guidelines for writing a personal statement**

The task of this statement is to demonstrate what you feel you would bring to the role of Placement Counsellor with Riverside Counselling Service from your previous experience and your training.

It is helpful also to reflect on what you have learned about yourself through psychodynamic 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 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 need not be very long, just a page or two.