

# Self-Awareness in Health Care: Engaging in Helping Relationships

Dev M Rungapadiachy

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## Self-Awareness in Health Care: Engaging in Helping Relationships

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Self-Awareness in Health Care: Engaging in Helping Relationships Dev M Rungapadiachy Being self-aware is particularly important for healthcare professionals who need to manage their cognitive, affective and behavioural self in order to engage effectively in therapeutic relationships. This book examines how self-awareness can be developed and applied in practice by combining theoretical and practical approaches.





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