



The Depth Facilitator's Handbook

Helene Smit

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Depth Facilitation assists individuals and groups to achieve their chosen goals by helping them overcome personal and interpersonal barriers, as well as assisting them to access additional potential and creativity through building awareness of the psychological processes that determine their behaviour. 'The Depth Facilitator's Handbook' outlines the key principles and provides the tasks, tools and techniques for working effectively as a depth facilitator.

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