Description CW 1 Reflective Essay (LO1, LO2, LO3, LO4) Submission of an Assessed Reflective Essay. Using a Reflective Cycle, for example, Kolb/Gibbs/other. Exploring the development and key concepts within Client-Centered Theory and Practice and relationship to practice and self. This is a reflective essay, therefore, can use the first person, speak from I where you wish. This essay needs to include an introduction and conclusion, (3000 words). Take each section on its merits read articles books and research pieces. On successful completion of the module, students will be able to: LO1. Review alternative theories to counselling such as Psychodynamic and Cognitive Behavioural approaches and evaluate the principal differences compared to Humanistic theories of therapy. LO2. Explain the theoretical philosophy and development of Client-centred Therapy LO3. Evaluate Rogers Theory of Personality in relation to self and the explanation of the self-concept. LO4. Discuss the Necessary and Sufficient Conditions for Therapeutic growth as outlined by Carl Rogers. This is an academic essay an should not contain images and numbers. I require an essay explaining my understanding for example of the core conditions and personal examples not just numbers and description these can be googled. it requires a personal reflection using Gibbs or Kolb reflective cycles. Harvard referencing for British university requires page numbers.