

intention of the work "The importance of Introspection for Helping Professions" is based on documented facts about positive action introspectional work and quality of feedback in helping professions to highlight the great importance of such action and its impact on improving the professionalism and personal life of workers in the helping professions. Based on these findings, it recommends increasing the use of introspectional techniques in the areas directly involved in the personalities of other people. It also offers an overview and description of the objectives, forms and guidelines for psychotherapeutic action and a separate chapter on supervision and other forms of feedback.