

Person Centred Counselling In Action

'An excellent compilation... Given the explosion in the demand for both counselling and supervision, this book should be required reading for all those putting a toe in these complex waters. However, I think it is also a salutary guide for those already practised as trainers and supervisors. I found the issues raised stimulated me to think again about my own practice and to profit from that exercise' - *Counselling, The Journal of the British Association for Counselling*

This accessible book explores the issues involved in both the training and supervision of counsellors and in the preparation of those who are to undertake supervisory and training roles. The number of training courses is growing

Person-Centred Counselling in a Nutshell is a short, accessible guide to one of the most popular approaches to counselling. Using examples drawn from practice, Roger Casemore outlines, in a clear, jargon-free style, the main principles of the person-centred approach, using the core therapeutic conditions: - congruence - unconditional regard - empathy

This revised and updated second edition includes new material on professional issues, on the use of person-centred counselling in short-term therapy, and on the wider application of the person-centred approach in other settings. Providing a concise introduction to the theory and practice of person-centred counselling, Person-Centred Counselling in a Nutshell is the ideal place to start for anyone reading about the approach for the first time. Roger Casemore is Senior Teaching Fellow and Director of Counselling courses at University of Warwick

'This thoughtful and thought-provoking book is essential reading not only for those involved in the training of counsellors within the person-centred approach, but also for individuals who may have simplistic, dismissive or otherwise ill-informed notions of the depth of self-awareness required of the person-centred practitioner and the far-reaching challenges offered by the approach. For counsellors who define themselves as "person-centred" but who have had no substantial training, it should be compulsory reading' - *British Journal of Guidance & Counselling*

Person-centred counselling probably requires more training - and a greater intensity of training - than most other mainstream counselling approaches, but until now no one book has concentrated solely on the principles, practices and requirements of training person-centred counsellors. Dave Mearns has drawn on the lived experiences of both trainers and trainees to demonstrate the potential range and importance of training in this field. The material covered includes selecting and supporting trainers, selecting course members, skills development, supervision and other professional issues - essential features of all counsellor training, but of particular relevance to the person-centred approach. Written expressly for both trainees and trainers, this book also extends and develops current thinking within the approach, and will be a valuable resource for all person-centred practitioners.

An exposition of the theory and practice of the person-centred approach to

counselling. Dave Mearns and Brian Thorne draw on a case study to explore the core conditions of empathy, acceptance and congruence, and provide step-by-step accounts of both the counsellor's and the client's experience of the therapeutic relationship. The result is a detailed map for all those who want to develop an understanding of this approach to therapeutic care.

Person-Centred Counselling in Action SAGE

Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps to prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. In addition to the multiple health benefits of physical activity, societies that are more active can generate additional returns on investment including a reduced use of fossil fuels, cleaner air and less congested, safer roads. These outcomes are interconnected with achieving the shared goals, political priorities and ambition of the Sustainable Development Agenda 2030. The new WHO global action plan to promote physical activity responds to the requests by countries for updated guidance, and a framework of effective and feasible policy actions to increase physical activity at all levels. It also responds to requests for global leadership and stronger regional and national coordination, and the need for a whole-of-society response to achieve a paradigm shift in both supporting and valuing all people being regularly active, according to ability and across the life course. The action plan was developed through a worldwide consultation process involving governments and key stakeholders across multiple sectors including health, sports, transport, urban design, civil society, academia and the private sector.

This best-selling, eminently practical, evidence-based guide to the cognitive behavioural approach to counselling has now been substantially revised and updated to reflect current theoretical and practical developments in the CBT field. The second edition contains an expanded step-by-step guide to the process of counselling, from initial contact with the client to termination. The guide follows a skills-based format and new case studies illustrate the theory into practice. Drawing on their own extensive experience and contemporary research, the authors provide a concise overview of the cognitive behavioural approach, with new material on emotional problems rarely covered in practitioner guides, a strong emphasis on the therapeutic alliance, and updated bibliographic references throughout.

Looking in depth at the therapeutic meeting between therapist and client, this now includes an updated preface, new content on recent research and new developments and debates around relational depth, and new case studies. Integrating common factors research and practice, Person-Centered Approaches for Counselors by H. D. Cornelius-White highlights the deep social justice roots of the approaches and shows counselors in training and experienced therapists how to integrate person-centered process and outcome measures to improve therapy outcomes. For each of the person-centered approaches covered (including classical, focusing, emotion-focused, intersubjective, and interdisciplinary orientations) this accessible book covers historical development, theory,

process, evaluation, and application. *Person-Centered Approaches for Counselors* is part of the SAGE Theories for Counselors Series that includes *Psychoanalytic Approaches for Counselors* by Frederick Redekop and *Cognitive Behavioral Approaches for Counselors* by Diane Shea.

'This thoughtful and thought-provoking book is essential reading not only for those involved in the training of counsellors within the person-centred approach, but also for individuals who may have simplistic, dismissive or otherwise ill-informed notions of the depth of self-awareness required of the person-centred practitioner and the far-reaching challenges offered by the approach. For counsellors who define themselves as "person-centred" but who have had no substantial training, it should be compulsory reading' - *British Journal of Guidance and Counselling*

Person-centred counselling probably requires more training - and a greater intensity of training - than most other mainstream counselling approaches, but

It is now 25 years since the first edition of *Person-Centred Counselling in Action* appeared, offering the definitive exposition of the theory and practice of the person-centred approach. Since then the book has supported and inspired hundreds of thousands of trainees and practitioners worldwide. This important Fourth Edition maintains the book's accessibility, clarity and verve whilst incorporating new developments in the approach. John McLeod joins authors Dave Mearns and Brian Thorne to contribute an exciting new chapter on research relevant to the person-centred field. *Person-Centred Counselling in Action, Fourth Edition* will be an invaluable resource for those embarking on their first stages of training. Well-established practitioners and even seasoned scholars will continue to find much to interest and stimulate them. Dave Mearns is professor of counselling and retired Director of the Counselling Unit of the University of Strathclyde. He has written seven books including *Working at Relational Depth in Counselling and Psychotherapy* (with Mick Cooper) and is co-editor of the international journal, *Person-Centered and Experiential Psychotherapies*. Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia, Norwich where he was previously Director of Counselling and of the Centre for Counselling Studies. He is also a Co-founder of the Norwich Centre and continues to work there as a Professional Fellow. John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee and adjunct Professor of Psychology at the University of Oslo, Norway.

This book provides a key introduction to the theory, concepts and practice of the person-centred approach, through the lens of the practitioner's experience and personal development. Writing as someone who has been through real life challenges and has developed and learned as a result, the author's strikingly personal style not only helps to contextualise complex and nuanced theory, but makes this a truly unique book about real person-centred practice and experience. From Roger's early philosophy through to the current developments and controversies in the field, the author uses personal testimonies, exercises and reflection points to make challenging concepts and practice issues accessible for the novice reader. What results is an informative and fascinating read for all those training and interested in the person-centred approach.

In the second edition of this hugely popular book, Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy. It offers in-depth discussion of all aspects of person-centred counselling from its origins to current developments in theory and practice.

As a therapist, have you ever experienced moments of absolute trust, understanding and empathy with a client? Such moments of relational depth can feel like a therapeutic breakthrough for the therapist. But what is the client's experience? And what does the research tell us about the potential therapeutic benefits? This wide-ranging book offers a fascinating survey of the latest thinking and research on in-depth therapeutic encounters. Combining vivid case studies with the latest research evidence, this book:

- Examines a breadth of

perspectives: from working with young clients to working in groups • Explores relational depth in a wider theoretical context: for example, in relation to dialogue, presence, mutuality and the transpersonal. • Considers important professional issues, such as how relational depth can be assessed and its value in personal development and supervision contexts. By exploring the meaning, challenges and experiences of relational depth, it provides insight into an important dimension of therapeutic practice and, for many, will act as a guide to new ways of thinking about their therapeutic relationships. This book is an essential read for all trainees and practitioners in Counselling and Psychotherapy who want to deepen their levels of therapeutic relating.

Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com

SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008. To view the video - [click here](#)

----- `How hard it is to find a book to recommend to trainees, which will give them an insight into what counselling (and psychotherapy too, for that matter) is really like. This book does exactly that.... This is a book which would be equally useful to the humanistic practitioner and the more orthodox one. The breadth of sympathy is admirable in dealing with what is common to all orientations. This is one of those rare books which does justice both to the human experiences involved in counselling and psychotherapy, and to the theory which might explain those experiences' - Changes What is the experience of counselling from the perspectives of both client and counsellor? What can be learned for the practice of counselling from an understanding of how it feels to be a client or a counsellor? Addressing these questions, central to this book are the personal accounts of individual clients and counsellors, who each relate their own very different experiences of counselling. They explore such issues as identity, expectations, trust, power and boundaries in the client-counsellor relationship. And each examines the intense personal meanings of `success' or `failure' in the client or counsellor role. An analysis of the implications for the counselling relationship concludes the volume.

This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counselling practice. Now in its second edition, this step-by-step guide takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person-centred principles. Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions. Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well, this new edition contains new chapters - 'Debates and Developments in Practice' and 'Edgy and Ethical Issues'. This book is an ideal introduction for beginners and for more experienced therapists who want to extend their range. Janet Tolan is a Consultant and Private Practitioner in Manchester. She has worked extensively in education and training, most recently as leader of the Counselling and Psychotherapy Masters programme at Liverpool John Moores University.

An essential new guide for any person-centred trainee or practitioner, this book explores some of the key contemporary counselling and psychotherapy approaches that have developed from classical client-centred therapy. Part One discusses five approaches including Classic Client-Centred Therapy; Relational and Dialogical Person-Centred Therapy; Focusing-Oriented Therapy; Experiential Therapy; Emotion Focussed Therapy and Person-Centred Expressive therapy. Each approach is introduced, considered in terms of its history, development, current context and relevant research, as well as exemplified through a range of inspiring vignettes. Part Two brings readers up-to-date with recent developments in the application of person-centred practice, including creative approaches, transcultural counselling, work with people

who've experienced trauma as well as those who are experiencing limitations to their ability. Written by leading UK-based and international authors, this authoritative and thought-provoking book is a must read for anyone keen to understand the many approaches of person-centred therapy.

'This is a useful book for those who use person-centred counselling in their practice, or who are training to become person-centred counsellors' - *Counselling and Psychotherapy*, the Journal of the British Association for Counselling and Psychotherapy

Developing Person-Centred Counselling, Second Edition is designed to help counsellors improve their skills within the person-centred approach. Written by Dave Mearns, leading person-centred expert and bestselling author, the Second Edition has been fully revised and updated taking account of developments in person-centred practice. With new chapters on growth and transference, the book covers the subjects which are central to person-centred training: } the core conditions } therapeutic alliance } development of the counsellor } therapeutic process } the person-centred approach in relation to psychopathology. Supported by case material and examples from practice, each part of the book presents the counsellor with practical, and often challenging ideas, which encourage him/her to think carefully about his/her practice and how to improve it. Developing Person-Centred Counselling, Second Edition is a highly practical and inspiring resource for trainees and practitioners alike.

This substantially revised fifth edition of a classic text includes an updated preface, new content on the therapeutic relationship, substantially revised chapters on the middle phase of counselling and reflections on the influence of other modalities and shared aspects of practice across approaches. Each chapter now includes an annotated Further Reading section to help deepen knowledge and reinforce learning of key aspects of the counselling process.

Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments.

'Not only is this the first key text on person-centred counselling psychology, but one of the best introductions to the approach. Gillon combines an in-depth understanding of the person-centred field with a highly accessible writing style to produce a book that will be of enormous value to anyone wanting to practice person-centred therapy. Essential reading for trainee and practising counselling psychologists with an interest in the person-centred approach and highly recommended for counsellors and psychotherapists of all orientations' - Mick Cooper,

Professor of Counselling, Counselling Unit, University of Strathclyde

Person-Centred Counselling Psychology: An Introduction is an introduction to the philosophy, theory and practice of the person-centred approach. Focusing on the psychological underpinnings of the approach, Ewan Gillon describes the theory of personality on which it is based and the nature of the therapeutic which is characterised by o unconditional positive regard o empathy o congruence. The book shows how the person-centred approach relates to others within counselling psychology and to contemporary practices in mental health generally. It also gives guidance to readers on the approach's research tradition as well as considering key issues for those wishing to train and work as a person-centred practitioner. As such, it is designed to be an applied, accessible text, providing a dialogue between the psychological basis of person-centred therapy and its application within the real world. As well as psychology students, it will be of interest to those from other disciplines, counselling trainees, those within the caring professions, and person-centred therapists from a non-psychological background. Ewan Gillon is Director of The Edinburgh Psychology Centre and Lecturer in Counselling Psychology at Glasgow Caledonian University.

As founder of the person-centred approach, Carl Rogers (1902-1987) is arguably the most influential psychologist and psychotherapist of the 20th century. This book provides unique insights into his life and a clear explanation of his major theoretical ideas. This Third Edition is

co-authored by Brian Thorne and Pete Sanders, leading person-centred practitioners and bestselling authors. Pete Sanders contributes a new chapter on "The Ongoing Influence of Carl Rogers", covering topics such as research, the emerging tribes in person-centred tradition, and its interaction with the medical profession. Brian Thorne draws on his experience of having known and worked with Rogers to beautifully describe the way in which Rogers worked with clients and from that, to draw out the practical implications of what is, in effect, a functional philosophy of human growth and relationships. In the twenty years since the first edition of Carl Rogers appeared, the book has continued to provide an accessible introduction for all practitioners and students of the person-centred approach.

Building on the success of the first edition, this substantially revised and extended new edition is set to remain the most in-depth and wide-ranging book available on person-centred psychotherapy and counselling. The book is thoroughly updated to reflect the latest trends in theory and practice:

- It extends its coverage of professional settings and applications, including brand new chapters on children, older people, arts-based therapies, addiction and bereavement.
- It engages systematically with urgent contemporary issues, such as evidence-based practice, political and medical discourses, and theoretical integration.
- It uses case illustrations, therapist-client dialogues, points of reflection and further resources to bring person-centred therapy to life for the reader, in a user-friendly way.
- It includes contributions by an increasingly extensive group of writers, thinkers, teachers and practitioners.

In this essential text, the highly regarded Temenos team present a new introduction to the person-centred approach for the Twenty-first-century. Giving a broad and unbiased account, they illustrate how the approach has developed since the death of Carl Rogers and explore how the person-centred philosophy can be an effective working model for both counselling and psychotherapy and for understanding, living and working in a complex contemporary world. The Person-Centred Approach is essential reading for trainees, whether new to counselling or more experienced, and is a vital resource for practitioners wishing to keep at the forefront of the latest developments in the field.

From the Foreword `It is an honour to be asked to write a foreword for this new book by Michael McMillan. I have been excited about this book ever since I read early drafts of its first two chapters some time ago at the birth of the project. At different times thereafter I have read other parts and my consistent impression has been that this is an author who has both a sophisticated academic understanding of the material and a great skill in communicating that widely. Those two qualities do not often go together! The book is about change. After a first chapter in which the author introduces us to the person-centred concept of the person, chapter two is devoted to the change process within the client, including a very accessible description of Rogers' process model. Chapter three goes on to explore why and how change occurs in the human being, while chapter four introduces the most up-to-date person-centred theory in relation to the nature of the self concept and its changing process. Chapters five and six explore why change occurs in therapy and the conditions that facilitate that change, while chapter seven looks beyond the core conditions to focus on the particular quality of presence, begging the question as to whether this is a transpersonal/transcendental quality or an intense experiencing of the core conditions themselves. This is an intensely modern book particularly in its postmodern emphasis. Rogers is sometimes characterised as coming from modernist times but he can also be seen as one of the early post modernists in his emphasis on process more than outcome and relationship more than personal striving. The modern nature of the book is also emphasised by a superb analysis of the relationship between focussing and person-centred therapy in Chapter five, linking also with Polanyi's notion of indwelling in this and other chapters. In suggesting that in both focussing and person-centred therapy the therapist is inviting the client to 'indwell' himself or herself, the author provides a framework for considering many modern perceptions of the approach including notions such as 'presence'

and 'relational depth'. Also, the link with focussing is modern in the sense that the present World Association for the approach covers a fairly broad family including traditional person-centred therapists, experiential therapists, focussing-oriented therapists and process-guiding therapists. Important in this development is the kind of dialogue encouraged by the present book' - Dave Mearns, Strathclyde University The belief that change occurs during the therapeutic process is central to all counselling and psychotherapy. The Person-Centred Approach to Therapeutic Change examines how change can be facilitated by the counsellor offering empathy, unconditional positive regard and congruence. The Person-Centred Approach to Therapeutic Change outlines the main theoretical cornerstones of the person-centred approach and then, applying these, describes why change occurs as a result of a person-centred therapeutic encounter. The author explores the counselling relationship as an environment in which clients can open themselves up to experiences they have previously found difficult to acknowledge and to move forward. Integral to the person-centred approach is Carl Rogers' radical view that change should be seen as an ongoing process rather than an alteration from one fixed state to another. In Rogers' view psychological health is best achieved by the person who is able to remain in a state of continual change. Such a person is open to all experiences and is therefore able to assimilate and adapt to new experiences, whether 'good' or 'bad'. By focusing explicitly on how change is theorized and facilitated in counselling, this book goes to the heart of person-centred theory and practice, making it essential reading for trainees and practitioners alike.

The person-centred approach is one of the most popular, enduring and respected approaches to psychotherapy and counselling. Person-Centred Therapy returns to its original formulations to define it as radically different from other self-oriented therapies. Keith Tudor and Mike Worrall draw on a wealth of experience as practitioners, a deep knowledge of the approach and its history, and a broad and inclusive awareness of other approaches. This significant contribution to the advancement of person-centred therapy: Examines the roots of person-centred thinking in existential, phenomenological and organismic philosophy. Locates the approach in the context of other approaches to psychotherapy and counselling. Shows how recent research in areas such as neuroscience support the philosophical premises of person-centred therapy. Challenges person-centred therapists to examine their practice in the light of the history and philosophical principles of the approach. Person-Centred Therapy offers new and exciting perspectives on the process and practice of therapy, and will encourage person-centred practitioners to think about their work in deeper and more sophisticated ways.

'This book offers a truly engaging "read". The writing style is good and it gives the reader a wide range of perspectives, from the meta-theoretical to the concrete practical experience of clients and counsellors... David Rennie's book serves to continue the development as well as the exposition of the person-centred approach to counselling' - British Journal of Guidance and Counselling 'This is a very good book... clearly within the humanistic//experiential tradition... It seems to me to be very important that this kind of research continues - it is the raw data of the counselling profession' - Person-Centred Practice This book contains powerful new ideas about person-centred th

This practical and comprehensive guide is written for counsellor trainers and their trainees, as well as for counsellors already in practice wanting to familiarize themselves with the person-centred approach to counselling. Dave Mearns and Brian Thorne explain the theoretical principles of the person-centred approach by relating these principles to actual practice. Drawing on one particular case-study the two counsellors present an extensive exploration of the core conditions of empathy, acceptance and congruence, and provide a step-by-step account of both the counsellor's and the client's experience of being involved in a trusting, caring relationship characterised by power-sharing and mutuality.

Person-centred therapy, based on the ideas of the eminent psychotherapist Carl Rogers, is

widely practised in the UK and throughout the world. It has applications in health and social care, the voluntary sector and is increasingly relevant to work with people who are severely mentally and emotionally distressed. This book offers a comprehensive overview and presents the core theories, advances and practices of the approach in a concise, accessible form. *Person-Centred Therapy: 100 Key Points* begins with a consideration of the principles and philosophy underpinning person-centred therapy before moving to a comprehensive discussion of the classic theory upon which practice is based. Further areas of discussion include: the model of the person, including the origins of mental and emotional distress the process of constructive change a review of revisions and advances in person-centred theory child development, styles of processing and configurations of self the quality of presence and working at relational depth. Finally criticisms of the approach are addressed and rebutted, leading readers to the wider person-centred literature. As such this book will be particularly useful to students and scholars of person-centred therapy, as well as anyone who wants to know more about one of the major therapeutic modalities.

‘In this scholarly book, Thorne and Lambers have gathered together significant contributions to the advancement of person-centred theory and practice from leading exponents of the approach in Austria, Belgium, Germany, The Netherlands, Norway and the United Kingdom.... I found the book both stimulating and challenging. The insight it offers into working with "difficult" clients is invaluable and the sections on theory stretched me in my understanding of the approach. I strongly recommend it to anyone from within or without the person-centred tradition who wants to achieve a real understanding of the approach "post Rogers" and get to grips with the vibrancy and vitality of person-centred thought in Europe’ - *Counselling, The Journal of SAGE* celebrated the 20th Anniversary of the *Counselling in Action* in November 2008. To view the video - [click here](#) ----- ‘This is a useful

introductory book, which is particularly suitable for those in training. It is well structured and easy to read and includes excerpts from therapeutic exchanges to illustrate the points made’ - *The Journal of Critical Psychology, Counselling and Psychotherapy* ‘A useful resource for counsellors wishing to improve their efforts at transcultural counselling’ - *New Therapist* The Second Edition of this clear and practical guide is designed to help counsellors and professional helpers give effective, sensitive and appropriate support to clients from cultures other than their own. Patricia d'Ardenne and Aruna Mahtani illustrate the process of transcultural counselling using the contrasting case studies of four different clients, and highlight the impact of cultural issues at individual, community and global levels. Counsellors are encouraged to recognize the importance of life experiences for their work, and to think about ways of using their own skills and resources more flexibly in response to different cultural needs.

Watch Dave Mearns and Brian Thorne’s video on YouTube to hear the story behind the writing of the Third Edition, and to find out about Dave’s time spent under the stewardship of Carl Rogers. SAGE celebrated the 20th Anniversary of the *Counselling in Action* series in November 2008. To view the video - [click here](#) -----

REVIEWS ‘Thank you for revising the bible! I am a tutor on a so-called "integrative counselling course" and I thoroughly endorse the idea that Carl Rogers would have welcomed this honesty and new interpretation of his model. Your SAGE book is indeed a bible and I have repeatedly recommended it to the students’ - lecturer, YouTube ‘For students and those new to person-centred counselling, there is a clear exposition of person-centred theory. For experienced practitioners, there are new and challenging theoretical developments within the person-centred approach. If new to counselling, this is a ‘must have’. If wondering whether to invest in this edition when there is already a copy of the earlier one on the shelf, the challenge of the new theoretical material is persuasive, but if that is not enough, then the updated practice guidance, the practical questions and answers, and the comprehensive references must make

this new edition another bestseller? - Therapy Today

----- It is now almost twenty years since the first edition of Person-Centred Counselling in Action appeared. In that time this SAGE bestseller has maintained enormous popularity with trainees and practitioners and has achieved world-wide acclaim. This substantially revised Third Edition provides an excellent introduction to the theory and practice of person-centred counselling while incorporating exciting new developments in the approach. Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors. At the same time they provoke reflection on many of the key issues which concern not only person-centred practitioners but those across the whole counselling and psychotherapy field. New to this edition is: - the inclusion of "relational depth", a key development for the person-centred approach and counselling generally - extended discussion of the counsellor's use of self - a new chapter containing the authors' answers to frequently-asked-questions - the inclusion of diversity issues covering religion, gender and sexual orientation - further reading suggestions. Much has changed in the person-centred orientation since the death of Carl Rogers in 1987. Not only have new schools of thought emerged with different emphases and therapeutic possibilities but the authors of this book have themselves been responsible for significant advances in key areas of person-centred theory and practice. These developments are fully reflected in the revised text. Continuing to offer a clear exposition of the theory and practice of the approach, Person-Centred Counselling in Action, Third Edition will be invaluable for those embarking on their first stages of training. Well-established practitioners and even seasoned scholars will continue to find much to interest and stimulate them. Praise for previous editions: `An important book... a most sophisticated text. Mearns and Thorne have written a book for all counsellors and psychotherapists. The reader will be left both grateful and hungry for more? - British Journal of Guidance and Counselling `The discussion of empathy, acceptance and congruence is central and should be required reading for all trainees working to understand the richness of these core concepts... outstanding? - Counselling and Psychotherapy, The Journal of the British Association for Counselling and Psychotherapy `Without doubt the clearest description of the person-centred approach to counselling that I have read, apart from Carl Rogers' own writings. I felt that I had got to know both Dave Mearns and Brian Thorne through their offering the reader their own congruence and I found this aspect of the book at times quite moving? - Social Work Today `Gives real insight into person-centred counselling... This is a gentle book; an absolute delight to read (I couldn't put it down) as it held me in the realm of my own feelings. I would like to thank both authors for sharing so much of their intimate selves. I recommend this book to trainee counsellors, trained counsellors, clients and those involved in the helping professions. It is a book that has influenced me and that I would not want to be without? - BPS Counselling Psychology Review `Excellent "all rounder" for practitioners to learn and build upon counselling skills with young offenders? - lecturer, Guidance, Youth and Youth Justice, Nottingham Trent University `An excellent text. Student friendly and covering all main issues? - lecturer, Psychology Swansea Institute of HE `Stimulates a re-exploration of the doctor-patient relationship? - British Medical Journal `I felt understood by this book!?! - Ann Weiser, PCA Letter Network `This book could very sensibly be placed on the reading lists of all counselling trainers and trainees.... this is the most informative and useful book I have read in a long time and I have no doubt that if Carl Rogers were still alive today, he would not only agree but also acknowledge experiencing some envy? - Changes `The skilful conveying of tenderness and building of trust are well explained and described with lots of case study examples? - Guidance Matters `Excellent book - a useful and practical way to underpin current emphasis on humanism in nursing? - lecturer, West London NHS Mental Health Trust `Continues to be an excellent, easy introduction but with depth. Deserves to be a bestseller!?! - lecturer, Preston College `The book conveys the profound respect for the person, for his/her autonomy and

uniqueness, which is inherent in the Rogerian approach? - *British Journal of Medical Psychology* `A marvelous book; highly recommended. Someone has finally written an easily accessible book about the theory and practice - mostly practice - of the kind of therapy that makes the most sense to many focusers. Hurrah!` - *The Focusing Connection* `Truly allows the reader to enter the world of the person-centered counsellor?` - *Contemporary Psychology* `Person Centred Counselling in Action, written by Dave Mearns and Brian Thorne was originally published in 1988 about a year after the death of Carl Rogers. It has helped to maintain and stimulate interest in this approach and has become a best-seller in the Counselling in Action series?` - *The Journal of Critical Psychology, Counselling and Psychotherapy*

Eagerly awaited by many counsellors and psychotherapists, this new edition includes an updated preface, new content on recent research and new developments and debates around relational depth, and new case studies. This groundbreaking text goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence. The book has helped thousands of trainees and practitioners understand how to facilitate a relationally-deep encounter, identify the personal 'blocks' that may be encountered along the way, and consider new therapeutic concepts – such as 'holistic listening' – that help them to meet their clients at this level. This classic text remains a source of fresh thinking and stimulating ideas about the therapeutic encounter which is relevant to trainees and practitioners of all orientations.

Why do I need to learn about CBT and/or the Person-centred Approach? What can these techniques contribute to my counselling training and practice? This book has some of the answers, showing humanistic, CBT and integrative therapists how to get to grips with each other's approaches. CBT has become more fully present in the therapeutic landscape and therapists from other modalities are increasingly being required to understand or even train in the approach. Responding to this growing pressure for change, Person-centred therapist Roger Casemore joins forces with Jeremy Tudway. Together they show how counsellors can respect and value each other's approaches by more clearly understanding the similarities and differences in theory, philosophy and practice. They clarify how therapists draw upon this knowledge in their practice without betraying the values of their core approach. This book is recommended for anyone studying Person-centred or CBT modules on counselling & psychotherapy courses, or experienced practitioners wishing to adapt their practice for NHS settings. Roger Casemore is currently an Associate Fellow in Lifelong Learning at the University of Warwick and has a private practice as a therapist and supervisor of other therapists, based in Worcester. Jeremy Tudway is a Clinical and Forensic Psychologist and a director of Phoenix Psychological Services, Warwickshire. In addition to this he lectures in CBT at the University of Warwick.

Now in its 4th edition, this bestselling book introduces you to the core counselling and psychotherapy skills you will need for effective therapeutic practice. With an online resource site featuring over 30 videos, you will be taken step-by-step through the skills and strategies needed at each stage of the therapy process.

Person-Centred Therapy in Focus provides a much-needed exploration of the criticisms levelled against one of the most widespread forms of therapeutic practice. Characterized by its critics as theoretically 'light', culturally biased and limited in application, until now the person-centred approach has had comparatively little written in its defence. Paul Wilkins provides a rigorous and systematic response to the critics, drawing not only on the work of Carl Rogers, but also of those central to more recent developments in theory and practice (including Goff

Barrett-Lennard, Dave Mearns, Jerold Bozarth, Germain Leitauer and Brian Thorne). It traces the epistemological foundations of person-centred therapy and places the approach in its social and political context. Examining the central tenets of the approach, each chapter sets out concisely the criticisms and then counters these with arguments from the person-centred perspective. Chapters cover debates in relation to: - the model of the person - self-actualization - the core conditions - non-directivity - resistance to psychopathology - reflection, and - boundary issues. *Person-Centred Therapy in Focus* fulfills two important purposes: firstly to answer the criticisms of those who have attacked the person-centred approach and secondly to cultivate a greater critical awareness and understanding within the approach itself. As such it makes a significant contribution to the person-centred literature and provides an excellent resource for use in training.

Person-centred therapy, rooted in the experience and ideas of the eminent psychotherapist Carl Rogers, is widely practised in the UK and throughout the world. It has applications in health and social care, the voluntary sector and is relevant to work with people who are severely mentally and emotionally distressed. As well as being a valuable sourcebook and offering a comprehensive overview, this edition includes updated references and a new section on recent developments and advances. The book begins with a consideration of the principles and philosophy underpinning person-centred therapy before moving to a comprehensive discussion of the classical theory upon which practice is based. Further areas of discussion include: The model of the person, including the origins of mental and emotional distress The process of constructive change A review of revisions of and additions to person-centred theory Child development, styles of processing and configurations of self The quality of presence and working at relational depth Criticisms of the approach are addressed and rebutted and the application of theory to practice is discussed. The new final section is concerned with advances and developments in theory and practice including: Counselling for Depression The Social Dimension to Person-Centred Therapy Person-Centred Practice with People experiencing Severe and Enduring Distress and at the 'Difficult Edge' A Review of Research Throughout the book, attention is drawn to the wider person-centred literature to which it is a valuable key. *Person-Centred Therapy* will be of particular use to students, scholars and practitioners of person-centred therapy as well as to anyone who wants to know more about one of the major psychotherapeutic modalities.

At the risk of being directive, I would say you should buy this book. It contains some of the most stimulating and refreshing ideas to have emerged in the person-centred literature since *On Becoming a Person* - *Person Centred Practice* *Person-Centred Therapy Today* makes a timely and significant contribution to the development of one of the most popular and widely-used therapeutic approaches. This is a book that is rooted in the origins of person-centred therapy but stands at the cutting edge of new ideas developing in this tradition. It will reinvigorate those of us already immersed in this tradition. It should convince newcomers of the vitality and potential of this approach to therapy.

Since its beginnings in the 1950s, the person-centred approach to therapy has developed in many ways. In this important new text, Campbell Purton introduces the 'focusing' approach of Eugene Gendlin. The book discussed Gendlin's theoretical innovations and their implications for clinical practice. It throws light on the relationship between the various schools of therapy, and on the relationship between therapy and such areas as ethics and spirituality. It will be essential reading for students and practitioners of person-centred therapy.

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