

Person Centred Counselling In Action

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Person-Centred Counselling in a Nutshell - Roger Casemore
2011-03-04

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

Carl Rogers - Brian Thorne
2012-11-13

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.

Person-centred Therapy - Jerold D. Bozarth 1998

In this book Jerold Bozarth presents a collection of twenty revised papers and new writings on person-centred therapy representing over 40 years' work as an innovator and theoretician.

Person-Centred Counselling Psychology - Ewan Gillon
2007-06-18

'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 unconditional positive regard, empathy and 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.

[Integrative Counselling Skills in Action](#) - Sue Culley
2011-03-31

'As a counsellor, supervisor and trainer I find this book such an excellent resource. It is invaluable in my teaching as well as supporting learning in supervision. Culley and Bond use their extensive experience

as practitioners to demystify potentially complex ideas, instead presenting them in an accessible and engaging way. Counselling skills are described clearly and case study material is relevant to practice. The third edition brings new and contemporary content that further enhances the value of the book. Buy it now!' - Dr Andrew Reeves, Counsellor, Supervisor, Trainer and Editor of Counselling and Psychotherapy Research journal. Integrative Counselling Skills in Action, third edition, is a bestselling introduction to the core counselling skills. It takes you step-by-step through the skills and strategies needed at each stage of the counselling process -- beginning, middle and end - using illustrative case examples and providing practical checklists and summaries. New to the third edition: · Negotiating and managing a counselling contract · Using self-disclosure · Preparing for and using supervision · An example of supervision included in extended case study · A new

preface Integrative Counselling Skills in Action is used by many thousands of students and practitioners who need guidance on using counselling skills in a variety of helping settings.

Person-Centred Counselling

- Brian Thorne 1991

This book draws together chapters, articles and lectures from some twelve years of Brian Thorne's professional life as a person-centred therapist.

Person-centred Therapy and CBT

- Roger Casemore

2012-08-16

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.

The Person-Centred Approach to Therapeutic Change -

Michael McMillan 2004-03-05

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.

Person-Centred Experiential Counselling for Depression - David Murphy 2019-06-24

This practical book focuses on humanistic counselling as an evidence-based psychological intervention and it is an essential read for trainees wishing to work in public health settings. Coverage includes: evidence-based practice and person-centered and experiential therapies the counselling for depression competence framework in-depth case studies illustrating Counselling for Depression in practice training, supervision and research The book also includes research data supporting the approach, and sources used in developing the humanistic competence framework. Vital reading for those taking counselling for depression training or a

humanistic counselling and psychotherapy course, as well as for those already working within the NHS and wish to enhance their practice.

[Pink Therapy](#) - Dominic Davies
1996-05-16

A comprehensive British volume on lesbian and gay affirmative psychotherapy has been a while coming. Pink Therapy, however, has arrived, amply fills this gap, and is well worth the wait. The literature reviews are masterful for scholars, and the book offers a comprehensive, thoughtful approach for clinicians. A deft editorial hand is evident in the unusual consistency across chapters, the uniformly crisp, helpful chapter summaries, and the practical appendices, generous resources lists and well organized bibliographies. I particularly like the contributors subtle appreciation of theoretical nuance, genuine open-mindedness to diversity of ideas, and willingness to synthesize in a pragmatic and client-oriented manner. John C. Gonsiorek, PhD., Minneapolis,

MN USA; Diplomate in Clinical Psychology, American Board of Professional Psychology; Past President, Society for the Psychological Study of Lesbian and Gay Issues (Division 44 of the American Psychological Association). Pink Therapy is the first British guide for counsellors and therapists working with people who are lesbian, gay or bisexual. It provides a much needed overview of lesbian, gay and bisexual psychology, and examines some of the differences between lesbians, gays and bisexuals, and heterosexuals. Pink Therapy proposes a model of gay affirmative therapy, which challenges the prevailing pathologizing models. It will help to provide answers to pressing questions such as: what is different about lesbian, gay and bisexual psychologies? how can I improve my work with lesbian, gay and bisexual clients? what are the key clinical issues that this work raises? The contributors draw on their wide range of practical experience to provide - in an

accessible style - information about the contemporary experience of living as a lesbian, gay or bisexual person, and to explore some of the common difficulties. Pink Therapy will be important reading for students and practitioners of counselling and psychotherapy, and will also be of value to anyone involved in helping people with a lesbian, gay or bisexual orientation.

Cognitive Behavioural Counselling in Action - Peter Trower 2011-01-19

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.

Person-Centred Counselling - David L Rennie 1998-05-21

'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

Understanding Person-Centred Counselling -

Christine Brown 2014-12-22

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.

Person-Centred Therapy in Focus -

Paul Wilkins 2002-12-13

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.

Emotion-Focused Counselling in Action - Robert Elliott
2021-02-24

This is the definitive introduction to the theory and practice of emotion-focused counselling. Starting with an introduction to the main theory

and concepts, it then guides you through the counselling phases from beginning to end. The final chapter extends your learning by examining different client populations, process research, and ways of monitoring your practice. Chapters include features such as case studies and transcripts, further reading sections and reflective exercises that help you to enhance your understanding of the approach. [Learning and Being in Person-centred Counselling](#) - Tony Merry 2002

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.

Training and Supervision for Counselling in Action - Windy Dryden 1991-03-26
`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 growin

Person-Centred Counselling in Action - Dave Mearns
2007-05-21

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 fusers. 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
Understanding the Counselling Relationship - Colin Feltham 1999-09-13
`This book presents contrasting views of the relationship between the counsellor, or therapist, and the client, as held by practitioners from diverse theoretical orientations. Each

chapter clarifies and considers the elements of the counselling relationship which have the most bearing on therapeutic practice and the strengths of each are highlighted in terms of understanding, theory and skills' - The New Therapist It is now widely accepted that the therapeutic relationship - referred to here as the counselling relationship - may be the most significant element in effective practice.

Understanding the Counselling Relationship presents contrasting views of the relationship between the counsellor or therapist

Brief Counselling in Schools

- Dennis Lines 2011-11-10

Brief Counselling in Schools, third edition, is a highly practical and accessible guide to helping and supporting young people experiencing difficulties both at home and at school or college. Covering issues from low self-esteem and sexuality, to substance misuse and aggression, the author draws on a method of brief integrative counselling to illustrate how a time-limited

therapy can work effectively in an often pressured and time-limited setting. This fully revised and updated edition: " includes a whole new chapter on self-harm " discusses the latest research findings " outlines up-to-date Safeguarding legislation and Child Protection protocols " explores a teamwork approach to counselling " examines the contribution of neuroscience to adolescent brain development " considers the harmful effects of cyber bullying " is in an accessible format with reflective exercises on ethical issues. Steeped in vivid case examples, therapeutic dialogue and points for reflection, this invaluable book will help develop the theoretical knowledge, understanding and skills base of any youth counsellor, teacher or social worker based in a school or college setting.

Person-Centred Therapy - Keith Tudor 2006-09-27

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.

Person-Centred Therapy - Brian Thorne 1998-11-28

`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

Person-Centred Counselling in Action - Dave Mearns

1999-09-13

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.

Brief Person-Centred Therapies

- Keith Tudor 2008-06-24

'This is a book that the person-centred psychotherapy community has been waiting for ... this book opens a creative space in which the ongoing conversation about therapeutic efficacy in times of shrinking resources can be successfully engaged' - Professor Maureen O'Hara, Chair, Department of Psychology, National University, La Jolla, California

'A wide-ranging and scholarly book which shows that person-centred therapy is fully alive to the challenges of the twenty-first century and is breaking new ground both clinically and theoretically' - Professor Brian Thorne, Emeritus Professor of Counselling, University of East Anglia "Likely to be of interest to anyone involved in counselling" - Times Higher Education Magazine, May 2009
Can the person-centred approach work in time-limited psychotherapy and counselling? This is a question that many practitioners grapple with as demand for brief therapy increases - particularly in the public sector. Brief Person-Centred Therapies is the first book to tackle the subject, bringing together the experience and insights of a leading international team of person-centred therapists. The book examines the philosophical and theoretical 'fit' between the person-centred approach and brief therapy. It also explores the issues which arise when working briefly in a range of

different settings, including primary care, higher education, business, and prison, with couples and groups. Brief Person-Centred Therapies is essential reading for all person-centred trainees and for practitioners who want to work in services where brief or time-limited work is required or favoured. Keith Tudor is a UKCP registered psychotherapist, and has a private/independent practice in Sheffield offering therapy, supervision and consultancy.

Person-centred and Experiential Therapies - Paul Wilkins 2015-11-12

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.

Counselling in a Nutshell - Windy Dryden 2011-01-19

What is counselling and how does it work? *Counselling in a Nutshell* provides the answers to these questions and more, as part of a step-by-step guide to the counselling relationship and the therapeutic process.

Drawing together theory from the psychodynamic, person-centred and cognitive-behavioural approaches, Windy Dryden explores: - bonds between counsellor and client - goals and tasks of counselling - stages of the therapeutic process - core therapeutic change. This revised and updated second edition also includes new material on person centred and psychodynamic counselling, further discussion of the influence of counselling contexts on the work of counsellors, and five discussion issues at the end of each chapter to stimulate thinking. *Counselling in a Nutshell* provides a concise introduction to core components of the therapeutic relationship and process and is suitable for counsellors of all orientations.

Relational Depth - Rosanne Knox 2012-12-17

This wide-ranging textbook offers a fascinating survey of the latest thinking and research on in-depth therapeutic encounters by bringing together the latest

theory, research and practice on working at relational depth with clients in counselling and psychotherapy. 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.

[Working at Relational Depth in Counselling and Psychotherapy](#)

- Dave Mearns 2017-09-25

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.

Psychodynamic Counselling in Action - Michael Jacobs
2017-05-29

Widely regarded as the most accessible introduction to the psychodynamic approach, this book covers everything from

initial meeting right through to the end of the relationship.

Transcultural Counselling in Action - Patricia d'Ardenne
1999-08-05

SAGE celebrated the 20th Anniversary of the *Counselling in Action* in November 2008.

To view the video - [click here](#) --

----- `This us 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.

The Pocket Guide to Therapy -
Stephen Weatherhead
2011-11-10

Trainees in all mental health professions need basic knowledge of the key therapeutic approaches in counselling and psychotherapy. *The Pocket Guide to Therapy* is therefore the essential companion, placing specific emphasis on practical application to guide the reader in the 'how to' of conducting each therapeutic model. Approaches covered include established models such as Cognitive Behavioural Therapy and Psychodynamic Psychotherapy, narrative therapies such as Systemic

Therapy and Solution-Focussed Brief Therapy, and more recent additions to mainstream therapy such as Mindfulness and Narrative Therapy. Each chapter is written by an up-and-coming name in the field of counselling and psychotherapy, offering a unique insight into the challenges and possibilities of training in each model. The book: - includes case examples from a wide range of mental health care settings - is embedded with extensive pedagogy, including worksheets, sample questions and diagrams - highlights the challenges, strengths and weaknesses of each approach - details the background to each model - focuses on the practical application of therapeutic models - discusses evidence-based practice and outcomes. Written in language familiar to first-year trainees and using a range of features to enhance learning, this pocket guide is ideal for those embarking on mental health training across counselling, psychotherapy, psychology, health, nursing and social work. It will also

serve as a reference point for more experienced readers looking to refresh their understanding of other approaches.

Experiences of Counselling in Action - Dave Mearns

1989-12-06

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.

Feminist Counselling in Action
- Jocelyn Chaplin 1999-09-13

For counsellors, therapists, trainees and others who want a deeper understanding of how society affects them psychologically, the revised and updated edition of *Feminist Counselling in Action* is the ideal resource. Drawing on feminist theory, Jocelyn Chaplin points to the deeply entrenched, hierarchical ways of thinking which permeate every level of our lives. The author presents an alternative rhythm model that when applied in counselling increases self-confidence, 'wholeness' and improved relationships. In this model, the counsellor is not seen as the expert or the doctor, and the client is not a patient. They are two equal but different people using 'clues' to understand and improve the life of the client.

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Developing Person-Centred Counselling - Dave Mearns

2002-11-27

'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.

Person-Centred Counselling in Action - Dave Mearns
2013-02-06

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 Therapy Today - Dave Mearns
2000-11-13

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

Counselling and Spiritual Accompaniment - Brian Thorne
2012-08-02

Client-centered Therapy - Carl R. Rogers
2003-07

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.

Person-Centred Counselling Training - Dave Mearns
1997-11-14

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. Skills in Person-Centred Counselling & Psychotherapy - Janet Tolan 2012-01-20 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.