

PERSON-CENTRED THERAPY



Personcentred Therapy

Paul Wilkins



Personcentred Therapy:

Client Centered Therapy (New Ed) Carl Rogers, 2012-03-01 In this bestselling book one of America's most distinguished psychologists crystallises the great progress that has been made in the development of the techniques and basic philosophy of counselling. Carl 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. Contemporary psychology derives largely from the experimental laboratory or from Freudian theory. It is preoccupied with minute aspects of animal and human behaviour or with psychopathology. But there have been rebels including Carl Rogers, Gordon Allport, Abraham Maslow and Rollo May who felt that psychology and psychiatry should aim higher and be more concerned with growth and potentiality in man. The interest of such a psychology is in the production of harmoniously mature individuals given that we all have qualities and possibilities infinitely capable of development. Successful development makes us more flexible in relationships, more creative and less open to suggestion and control. This book is a mature presentation of the non-directive and related points of view in counselling and therapy. The final chapter presents a formal treatment of the psychological theory which is basic to the whole client-centered point of view, not only in counselling but in all interpersonal relations. This edition marks the 70th anniversary of first publication and includes a new introduction from Rogers' granddaughter Frances Fuchs PhD.

Person-Centred Therapy Brian Thorne, Elke Lambers, 1998-11-20 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 and Psychotherapy: The Journal of the British Association for Counselling and Psychotherapy*. This book brings together up-to-date contributions to the development of person-centred theory and practice from leading European practitioners. The book makes available for the first time in English some of the most significant theoretical ideas and practical applications of a distinguished group of contributors at the cutting edge of the approach. It also gives a valuable insight into a vibrant professional network whose members are making a significant impact on the European world of counselling and psychotherapy. Covering a wide range of person-centred issues, the book provides unique and challenging material that will act as a springboard for debate at many levels between experienced practitioners, supervisors, trainers and trainees. *Contributions to Client-centered Therapy and the Person-centered Approach* Nathaniel J. Raskin, 2004 *Contributions to Client Centered Therapy and the Person Centered Approach* brings together an important set of difficult-to-obtain original papers and writings by Nat Raskin for academics.

teachers researchers and all serious students

Skills in Person-Centred Counselling & Psychotherapy Janet

Tolan, 2012-03-05 This book has already helped thousands of beginning practitioners understand the subtleties of the person centred approach and develop skills in person centred counseling practice Now in its Second Edition this step by step guide takes the reader through the counseling 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

Person-Centred Counselling in a Nutshell Roger Casemore, 2011-02-11 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

The Handbook of Person-Centred Psychotherapy and Counselling Mick Cooper, Maureen O'Hara, Peter F. Schmid, 2013-05-31 Thoroughly updated to reflect the latest trends in theory and practice this this substantially revised and extended edition is the most in depth and wide ranging textbook available on person centred psychotherapy and counselling Divided into four parts it examines the theoretical philosophical and historical foundations of the person centred approach the fundamental principles of person centred practice and applications of person centred practice how person centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy and finally professional issues for person centred therapists such as ethics supervision and training Written by a diverse range of expert contributors unified by a more relational ethics based reading of person centred theory and practice this is a comprehensive cutting edge resource for students on all advanced level person centred courses as well as for a wide range of professional practitioners in the field New to this Edition A new introductory chapter looking at contemporary challenges and opportunities for growth for the person centred world Nine further new chapters including work with children and young people older clients arts based therapies addiction and bereavement spiritual dimensions contact and perception working integratively global and political implications Increased use of text learning features to make the chapters more accessible and engaging A greater focus on actual practice with more case studies and examples of therapist client dialogues Increased reference to research A general updating of all chapters to include all relevant references

The Person-Centred Counselling and Psychotherapy Handbook: Origins, Developments and Current Applications Colin Lago, Divine

Charura,2016-04-16 From the origins of Carl Rogers person centred approach to the cutting edge developments of therapy today The Person Centred Counselling and Psychotherapy Handbook charts the journey of an ambitious vision to its successful reality In this book Lago and Charura bring together history theory research and practice to deliver a complete and unique perspective on the person centred approach Key topics include The groundbreaking journey of PCA s early decades spearheaded by Carl Rogers Developments and extensions of the original theory and practice The influence of PCA in developing new therapies and practice The frontier of contemporary PCA and therapists work with client groups of difference and diversity With its broad view that explores the origins variations and applications of PCA The Person Centred Counselling and Psychotherapy Handbook gives a comprehensive overview of the knowledge required and the issues faced by practitioners making it an important resource for the seasoned and training practitioner alike This particularly welcome contribution is distinctive in fostering a contemporary contextualised and transcultural person centred practice edited as it is by two leading UK figures in the field of diversity in counselling and psychotherapy Review in Therapy Today October 2016

The Person-Centred Approach to Therapeutic Change Michael McMillan,2004-02-06 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

Client-Centered Therapy and the Person-Centered Approach Ronald F. Levant, John M. Shlien, 1984-10-15 an important contribution to the current literature on a person centered approach It demonstrates the increasingly broad and dynamic application of this perspective to a variety of fields The Family Psychologist Featuring 21 papers by important contributors from academia and clinical practice this volume examines the major developments in the client centered approach to therapy which took place in the U S and Europe during the 1970 s and early 1980 s

Person-Centred Therapy Campbell Purton, 2017-03-14 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 practioners of person centred therapy

Person-Centred Therapy Keith Tudor, Mike Worrall, 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 **What is person-centered therapy?** Tony Merry,Bob Lusty,1993-10-01 **Person-Centred**

Therapy Brian Thorne,Elke Lambers,1998 Contributors from all over Europe cover a wide range of person centred issues and provide an insight into a professional network whose contribution to the field is both substantial and significant

Person-Centred Therapy Today Dave Mearns,Brian Thorne,2000-08-25 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 Tim Bond University of Bristol This book is clearly a labour of love by two authors with unique abilities and unparalleled experience readers will be educated inspired and encouraged in their own dialogue with the person centred approach Charles J O Leary Denver Colorado Mearns and Thorne have done Rogers proud in suggesting how person centred theory and practice can without losing its essence evolve in new directions Richard Nelson Jones Director of the Humanistic Cognitive Institute Chiang Mai Person Centred Therapy Today represents a significant contribution to the development of the person centred approach It will be read by teachers and students of counselling and psychology who wish to keep their knowledge of the approach fully up to date and by all who consider themselves to be person centred in their approach to helping clients **Person-Centred Therapy** Campbell Purton,2017-03-14 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 practioners of person centred therapy

Person-Centred Therapy with Children and Young People David Smyth,2013-02-01 This engaging new book presents a child centred model of therapy that is thoroughly person centred in its values Establishing the roots of child centred therapy in both child development theories and the Rogerian model David Smyth demonstrates that counselling the person centred way is exceptionally relevant to young people The book further develops child centred therapy theory and practice applying the model to real life practice with children and young people whether in play school organisations or with special needs groups It also explores the complex professional issues so critical with this age group including challenging boundaries establishing an effective relationship with parents and other primary carers legal and ethical considerations and multi professional practice The author s warm accessible style conveys his passionate conviction that the person centred approach can provide a strong foundation for child therapy practice His book introduces humanistic counselling and psychotherapy

trainees as well as adult trained therapists to the particular requirements of working with children and young people and also illustrates the value of using a child centred approach for those who might already be working with children in mental health settings Equally this volume can be used for professional development in many disciplines including adult trained therapists who want to extend their knowledge of people prior to reaching adulthood

Person-Centred Therapy Paul Wilkins, 2009-09-14 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

Person-Centred Therapy Today Dave Mearns, Brian Thorne, Elke Lambers, Margaret Warner, 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

Process Work in Person-Centred Therapy Richard Worsley, 2009-09-16 This unique and important book breaks new ground in the theory and practice of person centred psychotherapy by focusing on the issue of process Process belongs to both client and counsellor Worsley conceptualises process in relation to the core principles of the person centred approach but also to the humanistic and phenomenological roots of person centred therapy Combining academic rigour with the wisdom of an experienced clinical practitioner he opens up a more inclusive and integrative way of being with clients that nonetheless chimes with classical person centred principles The book features Activities and vivid case studies to illustrate and expand on the theoretical points being developed allowing the reader to see easily how these might apply to practice Engagement with theoretical approaches such as transactional analysis and Gestalt as well as discussion of philosophy spirituality and psychopathology New discussion of the processes

involved in mental illness drawing on the work of Prouty and Warner to understand the client's world of experiencing New material on the plural self and configurations of the self **Reflections on Human Potential** Brian E. Levitt, 2008
International collection of writers shed light on the person-centred approach and build bridges to the emerging discipline of positive psychology

This book delves into Personcentred Therapy. Personcentred Therapy is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Personcentred Therapy, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Personcentred Therapy
- Chapter 2: Essential Elements of Personcentred Therapy
- Chapter 3: Personcentred Therapy in Everyday Life
- Chapter 4: Personcentred Therapy in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Personcentred Therapy. The first chapter will explore what Personcentred Therapy is, why Personcentred Therapy is vital, and how to effectively learn about Personcentred Therapy.
3. In chapter 2, this book will delve into the foundational concepts of Personcentred Therapy. This chapter will elucidate the essential principles that must be understood to grasp Personcentred Therapy in its entirety.
4. In chapter 3, the author will examine the practical applications of Personcentred Therapy in daily life. The third chapter will showcase real-world examples of how Personcentred Therapy can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Personcentred Therapy in specific contexts. This chapter will explore how Personcentred Therapy is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Personcentred Therapy. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Personcentred Therapy.

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Personcentred Therapy Introduction

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