

Person-Centred Therapy



A European Perspective

Brian Thorne & Elke Lambers

Person Centred Therapy A European Perspective

Richard Worsley



Person Centred Therapy A European Perspective:

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

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 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 *Person-Centred Therapy* Paul Wilkins, 2015-12-14 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 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 **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 **The Handbook of Person-Centred Psychotherapy and Counselling** ,2024-09-05 Written by a diverse range of expert contributors unified by a relational ethics based reading of person centred theory and practice this seminal text is the most in depth and comprehensive guide to person centred therapy Divided into four parts it examines the theoretical philosophical and historical foundations of the person centred approach the fundamental principles of person centred practice as well as new developments in and applications of person centred clinical work explorations of how person centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy such as bereavement or trauma and professional issues for person centred therapists such as ethics supervision and training 10 years after it was last published this third edition includes new content on the climate crisis intersectionality and working with racism and anti racism It includes new dedicated chapters on the Non directive Attitude Relational Depth Experiential Practices Working with Trauma Online PCA and Person Centred approaches around the Globe International and interdisciplinary in conception this is a cutting edge resource for students of psychotherapy and counselling on a range of programmes as well as professional practitioners working in the field *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 Eco-Centred Therapy Bernie Neville, Keith Tudor, 2023-12-01 Offering a much needed update of Rogerian theory and practice and based

on insights from cultural studies and ecopsychology this book breaks new ground by questioning the relevance of certain ways of thinking about counselling and psychotherapy not least in the current planetary emergency In response to the growing need for therapists to address increasing anxieties about the climate crisis Bernie Neville and Keith Tudor address the issue in terms that help therapists reflect on their practice Based on the authors previous publications and incorporating new material this book presents and explores ideas that have been largely neglected in person centred literature It re visions person centred psychology PCP from what has become predominantly its application to individuals to a broader perspective on and about life and the living world Further it takes a philosophical and cultural perspective to re present and re vision PCP as a we psychology an eco psychology and an eco therapy This book will be of interest to those working in the fields of person centred therapy ecopsychology and ecotherapy as well as those involved in the education training and supervision of counsellors and psychotherapists

Person-centred Therapy and CBT Roger Casemore,Jeremy Tudway,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

Re-Visioning Person-Centred Therapy Manu Bazzano,2018-06-27 By exploring various ways to assimilate recent progressive developments and to renew its vital links with its radical roots Re Visioning Person Centred Therapy Theory and Practice of a Radical Paradigm takes a fresh look at this revolutionary therapeutic approach Bringing together leading figures in PCT and new writers from around the world the essays in this book create fertile links with phenomenology meditation and spirituality critical theory contemporary thought and culture and philosophy of science In doing so they create an outline that renews and re visions person centred therapy s radical paradigm providing fertile material in both theory and practice Shot through with clinical studies vignettes and in depth discussions on aspects of theory Re Visioning Person Centred Therapy will be stimulating reading for therapists in training and practice as well as those interested in the

development of PCT *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

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 *Relational Depth* Rosanne Knox,David Murphy,Susan Wiggins,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

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 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 *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

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

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

The Person-Centred Approach Louise Embleton Tudor, Keemar Keemar, Keith Tudor, Joanna Valentine, Mike Worrall, 2004-03-08 In this essential text the highly regarded Temenos team present a new introduction to the person centred approach for the 21st 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

Carl Rogers Brian Thorne, 2003-04-21 As founder of the person centred approach Carl Rogers 1902 1987 is an influential psychologist and psychotherapist Providing insights into his life and an explanation of his major theoretical ideas this book offers an introduction for those practitioners and students of the person centred approach

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