



in focus

# person-centred therapy in focus

Paul Wilson

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**Paul Wilkins**



## **Person Centred Therapy In Focus:**

**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

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**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

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Person-Centred Therapy in Focus ,2013 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

*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, believes 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 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. It locates the approach in the context of other approaches to psychotherapy and counselling, shows how recent research in areas such as neuroscience supports 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. *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      *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* 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

**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

**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

**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 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

*Brief Person-Centred Therapies* Keith Tudor, 2008-06-24 This is a book that the person centered 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

**Solution-focused Therapy** Bill O'Connell, 2005 O Connell presents a comprehensive introduction to Solution focused therapy SFT His writing is accessible making this an easy book to read The way in which the material is organized and presented is appealing The tone of the writing is down to earth and I imagine that few readers would feel alienated by the language regardless of training or theoretical background This book provides not only an in depth introduction to SFT but also provides the more experienced therapist with further ideas and principles O Connell manages to keep an air of hope and optimism in his writing which left me with a renewed sense of enthusiasm for working with clients in a SFT way Having read a substantial amount of literature in brief therapy I found this book to be one of the best I have come across O Connell communicates his ideas in a clear and rational way and most importantly with an essential dose of humanity I would recommend this book to almost everyone regardless of their professional background as it instills a sense of hope and change

Counselling Psychology Review A thoroughly enjoyable read about an inspiring approach to facilitating others without pathologising them this book not only offers practical guidelines for beginners and validating supportive ideas for the more experienced it could also inspire those who are simply interested in efficient and effective ways of empowering people via reminders of their potential to live zestful creative fruitful connected lives Nurturing Potential Solution Focused Therapy is a comfortable introduction to SFT which is best suited for students or those new to the model or to professionals in other fields It supports the novice practitioner in feeling that providing good therapy is within their grasp Bill O Connell s presentation of solution focused therapy encourages theoretical integration practicality and trust in the abilities of the client over purity Hopefully such an approach would appeal to all therapists The Brief Therapy Networks Solution Focused Therapy Second Edition is a popular introduction to the theory practice and skills of an approach which is increasingly used by a variety of professionals including counsellors psychologists mental health workers and social workers Its popularity lies in the fact that it is both time limited and cost effective which are key considerations for many practitioners nowadays For this the Second Edition the book has been fully revised and updated and now includes new sections on solution focused supervision and running a solution focused reflecting team Most chapters include brief practice points for counsellors This book will be of great interest to trainees of solution focused therapy as well as practitioners who work in a range of contexts where the emphasis is on providing effective brief interventions Bill O Connell is Director of Training for Focus on Solutions Limited in Birmingham He was previously Head of the Counselling Department at Westhill College of Higher Education Birmingham

and is co editor of Handbook of Solution Focused Therapy Sage 2003      *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      *Working at Relational Depth in Counselling and Psychotherapy* Dave Mearns, Mick Cooper, 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

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