PERSON-CENTRED COUNSELLING

THERAPEUTIC & SPIRITUAL DIMENSIONS

BRIAN THORNE

Personcentred Counselling Therapeutic And Spiritual <u>Dimensions</u>

Keith Tudor, Mike Worrall

Personcentred Counselling Therapeutic And Spiritual Dimensions:

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 The Future of Counselling and **Psychotherapy** Stephen Palmer Ved P. Varma, 1997-04-04 A thought provoking volume and one that brings an expanded perspective Some aspects are unsettling some frightening some so distasteful that my reaction is to find another gig should the future be thus But I did find myself rethinking at idle moments and rereading most of the volume The works therein contributed to my own perspective Well worth buying American Journal of Pastoral Counseling I was admiring of those chapters which took a wide view This book can be seen as a read out of a number of attitudes within the profession and within society Some are partisan or competitive occupied with the self justification and proselytizing that is likely to lead to in fighting Others see the larger task the aware repositioning that needs to happen when the world is moving on this is a book worth reading for the depth and the width of much that is written in it and not just as a hologram of the present state of the profession Many contributors give evidence of the self examination the awareness of the environment the largeness of vision and the strictness with self that are prerequisites for humility and learning They look cautiously forward both to what might be reached through the profession s best work and to the reductionist production line future that might be a worst outcome of regulation of confluence and complacent self interest Self Society Many authors discuss some common themes for the future that include increased use of short term problem specific cost efficient forms of therapy all chapters were compelling interesting and readable Contemporary Psychology From the plethora of counselling books to be found in any reputable bookstore these days this is one I recommend you to buy The ten chapters give us a flavour of differing philosophical approaches to counselling and psychotherapy At the same time they provide a medium where leading exponents in the field can share their experience of practice and give their hunches as to where we may be heading as a profession It makes for a fascinating read it describes exciting developments already underway and gives a critique of where some developments have been less than helpful For anyone training practising tutoring or designing training courses I would recommend this as a thought provoking timely book Dialogue A book with many benefits on reading this book the reader is made very aware that the psychotherapeutic professions are embedded in a social and political world Illustrations are plenty and exceptionally well chosen For example Holmes highlights how historical events such as the World Wars or the study of communication systems affected the development of psychotherapeutic systems examples are clear and thoughtfully put British Psychological Society Counselling Psychology Review The book is enriched by a number of American contributions I would certainly recommend Palmer and Varma s book as one containing a good cross section of views about what the millennium holds for counselling Counselling The Journal of The British Association for Counselling The contributors are an eminent and eclectic line up Each chapter focuses in one way or another on professional clinical and philosophical issues and

on predictions for the field this is a stimulating collection of views by experienced therapists It is thoughtful often contentious and avoids rose tinted self satisfaction This book contains well written and important polemical and prophetic material and all trainees and reflective practitioners would benefit from engaging with the diversity of themes presented by the editors Arguably none of us involved in the field can practise with integrity unless we are prepared to question the basis purpose and future of our work British Journal of Guidance Counselling An interesting book Admirably the authors have completed a difficult task for predicting the future is not easy particularly within counselling and psychotherapy where changes are frequent The ten chapters are well written with insight Nurses with limited knowledge of the field will find this an easily accessible book competitively priced and worth the outlay for insights into the possible directions counselling and psychotherapy make take Journal of Community Nursing Provides vivid and challenging foresight into the different hypothetical paths counselling and psychotherapy may follow Indian Journal of Social Work In this challenging volume leading British and American practitioners discuss different aspects of the future for counselling and psychotherapy as they approach the new millennium and establish themselves as professions in their own right The volume provides a vivid foresight into the different hypothetical paths counselling and psychotherapy may follow Covering a range of professional practical and philosophical issues the predictions are realistic although not always optimistic. The future of the different and varied counselling approaches is also assessed in terms of which are developing further and how and which are likely to become less popular and why **Person-Centred Therapy** Brian Thorne, Elke Lambers, 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 Training Dave Mearns,1997-11-28 This thoughtful and thought provoking book is essential reading not only for those involved in the training of counsellors within the person centred approach but also for individuals who may have simplistic dismissive or otherwise ill informed notions of the depth of self awareness required of the person centred practitioner and the far reaching challenges offered by the approach For counsellors who define themselves as person centred but who have had no substantial training it should be compulsory reading British Journal of Guidance and Counselling Person centred counselling probably requires more training and a greater intensity of training than most other mainstream counselling approaches but **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 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 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 Dryden's Handbook of Individual Therapy Windy Dryden, 2007 Seminars by Professor practitioners working in the field Windy Dryden See the man live and in action To find out more and to book your place go to www cityminds com This is a book which accepts and even celebrates the diversity of ideas in the field It stimulates interest and informs It stirs up debates and leaves the reader to continue to think about them an important book not to be missed by any serious counselling student or practitioner British Journal of Guidance and Counselling Praise for the Fourth Edition This is a well written comprehensive core textbook that can be recommended not only to counselling psychology and psychotherapy trainees to guide them through their training but also to practising professionals to act as a reference textbook to draw upon when needed Stefania Grbcic Counselling Psychology Review Covering history theory primary client set and strengths and weaknesses for each of thirteen different approaches the book makes an excellent starting point for exploring different schools of thought in more detail Counsellingresource com This is a very well structured text with thorough coverage and interesting material The text links theory to practice and offers invaluable knowledge to all professionals and students of various schools of psychotherapy lecturer A valuable resource for students lecturer At last An informative text with some depth Easily accessible Extremely useful lecturer Dryden's Handbook of Individual Therapy is now a classic text for trainees in counselling and psychotherapy This newly updated fifth edition presents a comprehensive overview of the key approaches to individual therapy practice including three new chapters on narrative therapy solution focused therapy and integrative and eclectic approaches Written by experts in their own therapeutic fields the book introduces the principles and methods of individual therapy concisely and accessibly Following a clearly defined structure each chapter outlines one approach in detail and provides case examples to illustrate how that approach works in practice Each form of therapy is described in terms of its historical context the main theoretical assumptions the mode of practice which clients will benefit most the general strengths and limitations of the approach Further chapters place counselling and psychotherapy in their social context explore training and supervision and relate research to individual therapy practice Dryden's Handbook of Individual Therapy Fifth Edition is designed for those in training in counselling psychotherapy counselling psychology and other helping professions such as nursing social work and education It will be invaluable for novice therapists looking for an overall picture of individual therapy practice as well as for experienced therapists interested in learning about alternative approaches Windy Dryden currently works at Goldsmiths College where he is Professor of Psychotherapeutic Studies as well as being the programme co ordinator of the MSc in Rational Emotive Cognitive Behaviour Therapy and the Diploma in Cognitive Behaviour Therapy **Person-Centred Counselling in Action** Dave Mearns, Brian Thorne, John McLeod, 2013-01-22 Audio book out now It is now 25 years since the first edition of Person Centred Counselling

in Action appeared offering the definitive exposition of the theory and practice of the person centred approach Since then the book has supported and inspired hundreds of thousands of trainees and practitioners worldwide This important Fourth Edition maintains the book s accessibility clarity and verve whilst incorporating new developments in the approach John McLeod joins authors Dave Mearns and Brian Thorne to contribute an exciting new chapter on research relevant to the person centred field Person Centred Counselling in Action Fourth Edition will be an invaluable resource for those embarking on their first stages of training Well established practitioners and even seasoned scholars will continue to find much to interest and stimulate them Dave Mearns is professor of counselling and retired Director of the Counselling Unit of the University of Strathclyde He has written seven books including Working at Relational Depth in Counselling and Psychotherapy with Mick Cooper and is co editor of the international journal Person Centered and Experiential Psychotherapies Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia Norwich where he was previously Director of Counselling and of the Centre for Counselling Studies He is also a Co founder of the Norwich Centre and continues to work there as a Professional Fellow John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee and adjunct Professor of Psychology at the University of Oslo Norway **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 Counselling and Spiritual Accompaniment Brian Thorne, 2012-08-02 Counselling and Spiritual Accompaniment presents the key spiritually focused writings of Brian Thorne one of the most influential thinkers on the convergence of spirituality with counselling along with new material reflecting his recent work in

spiritual accompaniment Reflects the increasing focus on spiritual issues as an essential part of therapy Represents the culmination of an intellectual quest undertaken by the most senior figure in the field to integrate spirituality with counselling and the person centred approach Features chapters that span thirty years of work along with new writings that bring readers up to date with the author's most recent work in spiritual accompaniment An invaluable guide for counsellors and therapists who acknowledge the importance of spirituality to their clients but doubt their abilities to help in this area Brian Thorne, Pete Sanders, 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 The Therapeutic Relationship Handbook: Theory and Practice Divine Charura, Stephen Paul, 2014-10-16 Practitioners across many counselling approaches acknowledge that the therapeutic relationship is central to therapy and its outcomes This book argues that the therapeutic relationship cannot be reduced to particular words or therapeutic skills but is a relationship encounter that promotes dialogue contact and process In each chapter experts in different fields interpret the therapeutic relationship through the lens of their own modality offering Summaries of the key theoretical and research bases Example case studies of the approach and the development and management of the therapeutic relationship Study of the limitations challenges and complexities of maintaining a therapeutic relationship Exploration of new developments in working with clients capturing work that the authors and other colleagues have been involved in developing in that area The Therapeutic Relationship Handbook is a broad ranging guide for students as well as both new and experienced practitioners Divine Charura is a Senior Lecturer in Counselling and Psychotherapy at Leeds Metropolitan University UK He is an Adult Psychotherapist who works in the NHS voluntary sector and in private practice as well as an independent trainer supervisor and coach Stephen Paul is a client centred psychotherapist practising in the areas of therapy supervision and coaching He retired as Director of The Centre for Psychological Therapies at Leeds Metropolitan University UK in 2012 after 20 years of service The editors and authors of this book have produced a volume of theory and practice that has tremendous breadth and scope and that is a thorough analysis of the many facets of the therapeutic relationship Rich in knowledge and practical applications the authors demonstrate not

only an understanding of their field but also an ability to communicate this with vignettes and examples that are relevant and enable understanding for both students and practitioners alike The limitations and challenges of each approach are recognised and a detailed list of further references is given for the reader to explore if desired I highly recommend this book for both students and practitioners and congratulate the editors and authors on their work I will certainly use it in our Counselling Education Programs for both Bachelor and Master of Counselling students Dr Ann Moir Bussy Program Leader and Senior Lecturer Counselling University of Sunshine Coast Queensland Australia **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 The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Terry Hanley, Laura Anne Winter, 2017-09-30 At over 600 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners An A-Z of Counselling Theory and Practice William Stewart, 2005 The broad perspective multidisciplinary approach of the second edition makes it invaluable in the counselling context at any level It is comprehensive enough for full time counsellors and students but it is also a resource for health care professionals for whom counselling is an intrinsic component of their practice

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 Person-centred and Experiential Therapies Paul Wilkins, 2015-11-12 An essential new quide 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 Handbook of Counselling and Psychotherapy Terry Hanley, Laura Anne Winter, 2023-02-02 The SAGE Handbook of Counselling and Psychotherapy is the most comprehensive and accessible introduction to the field of counselling and psychotherapy This handbook supports all levels of training and modalities providing an essential entry point to theory practice and research At over 600 pages and with more than 100 contributions from leading authors in the field this Fifth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Each chapter includes a Further Reading section and case studies Now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners Sections cover Counselling and psychotherapy in context Social justice and intersectionality Core therapeutic and professional skills What do people come to therapy for Theories and 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

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