

Person Centered Psychotherapies Theories Of Psychotherapy

Theories of Counseling and Psychotherapy Person-centered Psychotherapies Re-Visioning Person-Centred Therapy Client-centered Therapy, Its Current Practice, Implications, and Theory Person-Centred Communication Person-Centred Therapy The Person-Centred Approach to Therapeutic Change Client Centered Therapy (New Ed) Interdisciplinary Handbook of the Person-Centered Approach Client-centered and Experiential Psychotherapy Person-Centred Therapy Person-Centred Counselling Psychology A Person-Centered Approach and the Rogerian Tradition The Person-Centred Approach Client-centered and Experiential Psychotherapy in the 21st Century On Becoming a Person Person-Centered Therapy Over Time Contributions to Client-centered Therapy and the Person-centered Approach Person-Centered Approaches for Counselors Skills in Person-centred Counselling & Psychotherapy Person-centred and Experiential Therapies Person-Centred Therapy The Person-Centered Approach Counseling Theory A PERSON-CENTERED FOUNDATION FOR COUNSELING AND PSYCHOTHERAPY Ueber den Einfluss von Arbeitspausen auf die geistige Leistungsfähigkeit Theoretical Evolutions in Person-centered/experiential Therapy Current Psychotherapies DVD Counseling and Psychotherapy Theories in Context and Practice Person-Centred Therapy Contemporary Psychotherapies for a Diverse World Person-Centred

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Therapy Today
Person-Centred Therapy in Focus
50 Psychology Classics
The Handbook of Person-Centred
Psychotherapy and Counselling
Skills in Person-Centred
Counselling & Psychotherapy
Counseling and Psychotherapy
Theories in Context and
Practice
Interdisciplinary Applications of the Person-Centered
Approach
Theories of Psychotherapy & Counseling: Concepts and Cases
Theories and Applications of Counseling and Psychotherapy

Theories of Counseling and Psychotherapy

Building on the success of the first edition, this substantially revised and extended new edition is set to remain the most in-depth and wide-ranging book available on person-centred psychotherapy and counselling. The book is thoroughly updated to reflect the latest trends in theory and practice:

- It extends its coverage of professional settings and applications, including brand new chapters on children, older people, arts-based therapies, addiction and bereavement.
- It engages systematically with urgent contemporary issues, such as evidence-based practice, political and medical discourses, and theoretical integration.
- It uses case illustrations, therapist-client dialogues, points of reflection and further resources to bring person-centred therapy to life for the reader, in a user-friendly way.
- It includes contributions by an increasingly extensive group of writers, thinkers, teachers and practitioners.

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Person-centered Psychotherapies

Explore the key wisdom and figures of psychology's development over 50 books, hundreds of ideas, and a century of time.

Re-Visioning Person-Centred Therapy

This step-by-step guide to counselling practice uses the person-centered approach based on psychological contact, congruence, empathy, and unconditional positive regard.

Client-centered Therapy, Its Current Practice, Implications, and Theory

For nearly 50 years the approach of Carl Rogers and his colleagues has been used to help others in counseling, psychotherapy, and education. This project takes that work into the realms of Religion, Politics, Alcohol treatment, Incest, Mental Disabilities, Sandtray therapy, Philosophy, and Person-Centered history & theory.

Person-Centred Communication

This book includes 39 papers presented at the International Conference on Client-Centered and Experiential Psychotherapy held in Chicago in May 2000. This international collection of papers, spanning theory and practice across classical client-centred to experiential psychotherapy, offers a rich diversity of thinking and opinion.

Person-Centred Therapy

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 to Therapeutic Change

By exploring various ways to assimilate recent progressive developments and to renew its vital links

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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.

Client Centered Therapy (New Ed)

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

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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.

Interdisciplinary Handbook of the Person-Centered Approach

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

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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.

Client-centered and Experiential Psychotherapy

" In Person-Centered Therapy Over Time, David J. Cain demonstrates a contemporary version of Carl Rogers's pervasively influential approach, which focuses on how the quality of engagement and collaboration between therapist and client can create optimal conditions for growth. This empirically supported therapy emphasizes therapist presence, empathic attunement, acceptance and affirmation of the client, and congruence or authenticity in the therapist " -- Container.

Person-Centred Therapy

A step forward from the traditional textbook on

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counseling theories, *Theories of Counseling and Psychotherapy: An Integrative Approach* offers readers a comprehensive overview of past and current approaches to psychotherapy and counseling, with a modern approach to theories of psychotherapy. An extensive array of mainstream theories, as well as contemporary approaches such as narrative, feminist, LGBT, and post-modern, are covered. Author Elsie Jones-Smith helps readers to construct their integrated approach to psychotherapy by learning how to develop a broad range of therapeutic expertise to meet the needs of a culturally diverse clientele. In addition to listing and describing theories, this text compares and contrasts them to show their strengths and weaknesses. The Third Edition includes a new chapter on trauma-informed counseling/psychotherapy and provides updated references, sections, and studies reflecting the latest developments within the helping professions.

Person-Centred Counselling Psychology

Articulates the first comprehensive person-centred communication model, and its use in therapy and the helping professions.

A Person-Centered Approach and the Rogerian Tradition

Reflecting the latest practices from the field, the comprehensive *THEORIES OF PSYCHOTHERAPY AND COUNSELING: CONCEPTS AND CASES*, 6th Edition equips readers with a solid understanding of the

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systematic theories of psychotherapy and counseling. A proven author and popular professor, Dr. Richard Sharf combines a thorough explanation of concepts with insightful case summaries and therapist-client dialogues that illustrate techniques and treatment in practice. Dr. Sharf demonstrates how to apply theories to individual therapy or counseling for common psychological disorders-such as depression and generalized anxiety disorders-as well as how to apply them to group therapy. For major theories, the text includes basic information about background, personality theory, and theory of psychotherapy to help readers understand the application of psychotherapy theory. In addition, insight into the personal lives and philosophical influences of theorists helps explain how the theorists view human behavior. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Person-Centred Approach

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug

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revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

Client-centered and Experiential Psychotherapy in the 21st Century

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.

On Becoming a Person

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Used in top counseling, psychology, and social work programs and now in its tenth edition, CURRENT PSYCHOTHERAPIES helps readers learn, compare, and apply the major systems of psychotherapy in a way that will be meaningful in their own practices. Each contributor is either an originator or a leading proponent of one of the systems, and presents the basic principles of the system in a clear and straightforward manner, discussing it in the context of the other systems. Theory chapters include a case example that guides readers through the problem, evaluation, treatment, and follow-up process. CASE STUDIES IN PSYCHOTHERAPY, which accompanies the book, offers corresponding cases that demonstrate the basic techniques and methods of the theory being illustrated. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Person-Centered Therapy Over Time

This book examines the scientific contribution and increasing relevance of the Person-Centered Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional psychotherapy applications (client-centered, experimental, emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict

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resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges-so far only partly recognized- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.

Contributions to Client-centered Therapy and the Person-centered Approach

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-Centered Approaches for Counselors

`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 thera

Skills in Person-centred Counselling & Psychotherapy

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

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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 and Experiential Therapies

Based on original theory and practice, this book presents a treatment model for severely retarded or psychotic clients.

Person-Centred Therapy

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"Student-friendly and comprehensive, *Counseling and Psychotherapy Theories in Context and Practice*, Second Edition provides an in-depth understanding of the origins, development, and key figures of each major theory and strongly emphasizes the application of these theories in real-world practice. Pedagogical features include opening chapter outlines, "Putting It In Practice" boxes, practitioner reflections, ethical highlights, case examples, as well as chapter summaries, chapter glossaries, and recommended readings and resources. The Second Edition includes a new section on treatment planning in each chapter and increased coverage of multicultural issues. A Study Guide for students is also available (978-0-470-90437-4)"--

The Person-Centered Approach

Presenting the non-directive and related points of view in counselling and therapy, this book defines the progress recently made in the development of the techniques and basic philosophy of counselling.

Counseling Theory

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

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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

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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.

A PERSON-CENTERED FOUNDATION FOR COUNSELING AND PSYCHOTHERAPY

Ueber den Einfluss von Arbeitspausen auf die geistige Leistungsfähigkeit

The focus of this new edition is on counseling and psychotherapy, and its goals are to renew interest in the person-centered approach in the U.S., make a significant contribution to extending person-centered theory and practice, and promote fruitful dialogue and further development of person-centered theory. The text presents and clarifies the following main topics: the rationale for an eclectic application of person-centered counseling, the rationale and process for reflecting clients' feelings, the importance of theory as the foundation for the counseling process, the importance of values and their influence on the counseling relationship, the modern person-centered counselor's role, the essential characteristics of a person-centered counseling relationship, the group counseling movement and the person-centered perspective, the application of person-centeredness through play therapy, the difficulties and opportunities surrounding evaluation, a person-centered perspective on the process of counselor education, and therapeutic opportunities available outside the field of counseling. These discussions serve as a transition from traditional interpretation of personcentered to an eclectic application of the viewpoint. The process of person-centered counseling has evolved over the years and this comprehensive

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book contributes to that evolution. It represents the status of person-centered counseling while also identifying ideas which can influence its future.

Theoretical Evolutions in Person-centered/experiential Therapy

Integrating common factors research and practice, *Person-Centered Approaches for Counselors* by H. D. Cornelius-White highlights the deep social justice roots of the approaches and shows counselors in training and experienced therapists how to integrate person-centered process and outcome measures to improve therapy outcomes. For each of the person-centered approaches covered (including classical, focusing, emotion-focused, intersubjective, and interdisciplinary orientations) this accessible book covers historical development, theory, process, evaluation, and application. *Person-Centered Approaches for Counselors* is part of the SAGE Theories for Counselors Series that includes *Psychoanalytic Approaches for Counselors* by Frederick Redekop and *Cognitive Behavioral Approaches for Counselors* by Diane Shea.

Current Psychotherapies

This unique text is the first to provide an introduction to the theory and practice of the major theories of psychotherapy and, at the same time, illustrate how these approaches are dealing with the ever-increasing diversity of today's clients. Frew and Spiegler have assembled the leading contemporary authorities on

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each theory to offer an insider's perspective that includes exposure to the style and language used by adherents of the approach, which is not available in any other text. The history of each approach and the latest, cutting-edge theory and practice are integrated with an emphasis on an awareness of the needs of diverse non-majority clients, creating a comprehensive, practical, and invaluable text for any counseling theories course. The major psychotherapeutic approaches are presented in roughly the chronological order in which they were developed, and each chapter follows the same basic format to ensure consistency throughout the text. Along with traditional theories, there are chapters on reality therapy, feminist therapy, and narrative therapy, and the chapter on ethics includes multicultural and feminist perspectives. Each chapter includes: the origin and evolution of the theory theoretical foundations and how the theory is manifested in practice an evaluation of the evidence for the theory's success, limitations, blind spots, and challenges "The Author's Journey," in which authors describe what lead them to adopt their approach and how their own practice has evolved over time multicultural competencies and their importance in the context of the theory. Resources are available online for instructors to supplement the material in the text and include a test bank and PowerPoint lecture slides.

DVD Counseling and Psychotherapy Theories in Context and Practice

Person-Centred Therapy

Learn the various counseling theories through authentic examples led by actual practitioners working with real clients This comprehensive two-DVD set promotes student learning by illustrating each of the counseling theories covered in the textbook *Counseling and Psychotherapy Theories in Context and Practice, Second Edition* by John and Rita Sommers-Flanagan. However, the DVDs can be used in conjunction with this text or as a stand-alone teaching tool in any course covering psychotherapy theories and techniques. Unique in its presentation of real clinicians from a variety of work settings—including school and college counselors—working with actual clients, the DVDs: Feature practitioners and clients who represent ethnic, gender, age, and religious diversity Model how to develop a positive therapeutic relationship from any theoretical perspective Help students not only understand the differences between theories, but also the difference between theory and technique Offer commentary by the authors on how the counselor in the session made decisions from a theoretical perspective as well as why a particular counseling theory was appropriate for the client's situation Exploring Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Behavioral, Cognitive-Behavioral, Reality, Feminist, Solution-Focused, and Family Systems theories, these two DVDs shed light on these theories in real practice with clients.

Contemporary Psychotherapies for a

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Diverse World

From the Book: "it is hypothesized that the therapist wants to understand for no other reason but to understand. If the therapist is motivated to understand solely to be a change agent for the client, then the facilitative mechanisms may not be sufficient because a tendency toward unconditional acceptance will not effectively emerge." "the published literature in the 1970s suggests that person-centered therapy (PCT) researchers, rather than pursuing novel avenues of empirical inquiry, devoted substantial time in defending PCT against - what now appear to be - unfounded claims made by a group of social scientists who held significant professional interest in seeing through the dismantling of the person-centered approach." Book Summary: This book is about a person-centered approach to counseling and psychotherapy as developed by the psychologist Carl Rogers (1902-1987) and his colleagues. In addition, this book is also intended to be a handbook on the person-centered approach and the Rogerian tradition for use in academic and non-academic settings alike. Each chapter is briefly summarized below. Chapter 1 ("A Person-Centered Approach and the Structure of Scientific Revolutions") examines the trend of scientific inquiry in psychotherapy research, specifically focusing on events and changes that took place beginning in the 1970s and are argued to have substantially influenced the direction of psychotherapy research in the following decades. In particular, these changes are suggested to have been guided by the choices made by a small but influential

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group of behavior and psychoanalytic-oriented researchers, which arguably led to changes in the scientific methods used to investigate the effectiveness of psychotherapeutic treatments; and, as will be shown in this chapter, led to the decline and disappearance of Carl Rogers's person-centered approach. This chapter suggests that through a method of allegiance-guided scientific inquiry, the Rogerian tradition was systematically dismantled by a group of social scientists that held considerable professional interests to do so. Chapter 2 ("A Person-Centered Approach to Multicultural Counseling Competence") examines current and historical trends in psychotherapy research and practice with racial/ethnic minority populations. Using psychotherapy evidence from both the latter half of the 20th century and the initial decades of the 21st century, cultural adaptations to previously hypothesized person-centered therapy mechanisms of change are proposed. Chapter 3 ("A Person-Centered Approach to the Treatment of Borderline Personality Disorder") addresses psychotherapy with a person described as possessing a borderline personality disorder (BPD). In particular, a selection of mainstream approaches is reviewed to examine unique and universal aspects of current thinking about this treatment population. Following this review, an expanded analysis of person-centered therapy is offered, examining current research evidence and the mechanisms of change hypothesized to occur in the person-centered treatment of BPD. Chapter 4 ("A Person-Centered Approach to the Treatment of Combat Veterans with Posttraumatic Stress Disorder") examines

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posttraumatic stress disorder through the lens of military combat trauma that results in a breakdown of a combat veteran's sense of self and the world. In the effective treatment of combat-related posttraumatic stress disorder, a therapist must help the veteran reorganize the self-structure that has become incongruent with his or her precombat-trauma self following his or her return home from war. For the therapist to facilitate a veteran's becoming whole, he or she must be genuinely congruent in the relationship.

Person-Centred Therapy Today

In this essential text, the highly regarded Temenos team present a new introduction to the person-centred approach for the Twenty-first-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.

Person-Centred Therapy in Focus

Theories and Applications of Counseling and Psychotherapy provides students with the

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foundational knowledge needed to implement various therapeutic approaches in individual and family counseling. The dynamic author team of Earl J. Ginter, Gargi Roysircar Sodowsky, and Lawrence H. Gerstein presents theories through a multicultural and social justice-oriented lens, including evidence to support each theory. Students will embrace chapter concepts through vibrant illustrations and relevant examples from movies, TV shows, news articles, and other sources presented throughout.

50 Psychology Classics

'Not only is this the first key text on person-centred counselling psychology, but one of the best introductions to the approach. Gillon combines an in-depth understanding of the person-centred field with a highly accessible writing style to produce a book that will be of enormous value to anyone wanting to practice person-centred therapy. Essential reading for trainee and practising counselling psychologists with an interest in the person-centred approach and highly recommended for counsellors and psychotherapists of all orientations' - Mick Cooper, Professor of Counselling, Counselling Unit, University of Strathclyde

Person-Centred Counselling Psychology: An Introduction is an introduction to the philosophy, theory and practice of the person-centred approach. Focusing on the psychological underpinnings of the approach, Ewan Gillon describes the theory of personality on which it is based and the nature of the therapeutic which is characterised by unconditional positive regard, empathy and congruence. The book

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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 Handbook of Person-Centred Psychotherapy and Counselling

This book examines the scientific contribution and increasing relevance of the Person-Centred Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional psychotherapy applications (client-centered, experimental, emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-

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centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges-so far only partly recognized- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.

Skills in Person-Centred Counselling & Psychotherapy

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.

Counseling and Psychotherapy Theories in Context and Practice

In Person-Centered Psychotherapies, David J. Cain discusses the history, theory, research and practice of this seminal approach whose basic premises have influenced the practice of most therapeutic systems.

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Person-centered therapy, also called client-centered therapy, was created by Carl Rogers almost 70 years ago. In polls of psychotherapists conducted in 1982 and 2007, Carl Rogers was voted the most influential psychotherapist in history. His original approach gave rise to a number of variations on the original, all of which may be classified as person-centered psychotherapies because of their basis in Rogers' core therapeutic conditions of empathy, unconditional positive regard, and congruence. This model emphasizes the client - therapist relationship, focusing on how the quality of moment-to-moment engagement between therapist and client can create optimal conditions for client growth. Person-centered therapies view clients as resourceful persons capable finding their own directions and solutions for their problems, and a fundamental value of the person-centered therapist is to honor and preserve the client's autonomy and choice. In this book, Dr. Cain presents and explores person-centered psychotherapy, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary developments that have refined theory and expanded how it may be practiced. In recent years dialogical, experiential, existential and expressive-creative influences have been integrated in practice. This essential primer, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling as well as for seasoned practitioners interested in understanding how it has evolved in recent decades.

Interdisciplinary Applications of the Person-Centered Approach

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.

Theories of Psychotherapy & Counseling: Concepts and Cases

A practical guide for professional therapists which surveys the latest theories and applications of

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nondirective counseling

Theories and Applications of Counseling and Psychotherapy

Organized around the latest CACREP standards, *Counseling Theory: Guiding Reflective Practice*, by Richard D. Parsons and Naijian Zhang, presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors.

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