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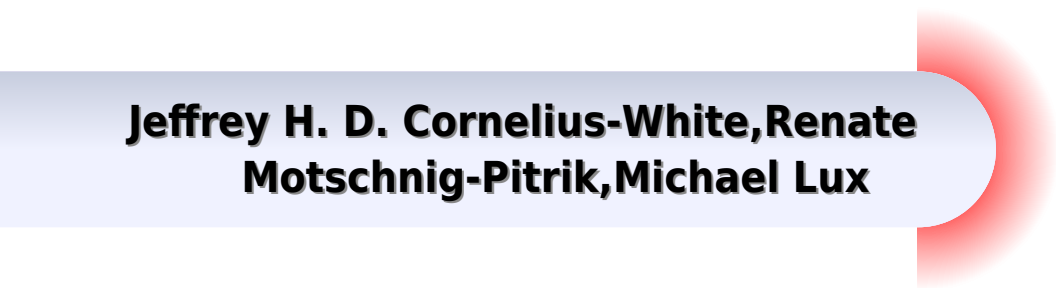
in **f**ocus

person-centred therapy in focus

Paul Wilkins

Person Centred Therapy In Focus Author Paul Wilkins
Published On March 2003

**Jeffrey H. D. Cornelius-White, Renate
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Person Centred Therapy In Focus Author Paul Wilkins Published On March 2003:

Person-Centred Therapy in Focus Paul Wilkins, 2002-12-13 Person Centred Therapy in Focus provides a much needed exploration of the criticisms levelled against one of the most widespread forms of therapeutic practice Characterized by its critics as theoretically light culturally biased and limited in application until now the person centred approach has had comparatively little written in its defence Paul Wilkins provides a rigorous and systematic response to the critics drawing not only on the work of Carl Rogers but also of those central to more recent developments in theory and practice including Goff Barrett Lennard Dave Mearns Jerold Bozarth Germain Leitauer and Brian Thorne It traces the epistemological foundations of person centred therapy and places the approach in its social and political context Examining the central tenets of the approach each chapter sets out concisely the criticisms and then counters these with arguments from the person centred perspective Chapters cover debates in relation to the model of the person self actualization the core conditions non directivity resistance to psychopathology reflection and boundary issues Person Centred Therapy in Focus fulfills two important purposes firstly to answer the criticisms of those who have attacked the person centred approach and secondly to cultivate a greater critical awareness and understanding within the approach itself As such it makes a significant contribution to the person centred literature and provides an excellent resource for use in training Person-Centred

Therapy Paul Wilkins, 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 *Integrated cardiovascular and neural system processes as potential mechanisms of behavior change* Marsha E.

Bates, David Eddie, Paul M. Lehrer, Robert Nolan, Martin Siepmann, 2023-04-24 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

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

Person-Centred Therapy Campbell Purton,2017-03-14 Since its beginnings in the 1950s the person centred approach to therapy has developed in many ways In this important new text Campbell Purton introduces the focusing approach of Eugene Gendlin The book discussed Gendlin s theoretical innovations and their implications for clinical practice It throws light on the relationship between the various schools of therapy and on the relationship between therapy and such areas as ethics and spirituality It will be essential reading for students and practioners of person centred therapy

The Person-Centred Approach to Therapeutic Change Michael McMillan,2004-02-06 From the Foreword It is an honour to be asked to write a foreword for this new book by Michael McMillan I have been excited about this book ever since I read early drafts of its first two chapters some time ago at the birth of the project At different times thereafter I have read other parts and my consistent impression has been that this is an author who has both a sophisticated academic understanding of the material and a great skill in communicating that widely Those two qualities do not often go together The book is about change After a first chapter in which the author introduces us to the person centred concept of the person chapter two is devoted to the change process within the client including a very accessible description of Rogers process model Chapter three goes on to explore why and how change occurs in the human being while chapter four introduces the most up to date person centred theory in relation to the nature of the self concept and its changing process Chapters five and six explore why

change occurs in therapy and the conditions that facilitate that change while chapter seven looks beyond the core conditions to focus on the particular quality of presence begging the question as to whether this is a transpersonal transcendental quality or an intense experiencing of the core conditions themselves This is an intensely modern book particularly in its postmodern emphasis Rogers is sometimes characterised as coming from modernist times but he can also be seen as one of the early post modernists in his emphasis on process more than outcome and relationship more than personal striving The modern nature of the book is also emphasised by a superb analysis of the relationship between focussing and person centred therapy in Chapter five linking also with Polanyi s notion of indwelling in this and other chapters In suggesting that in both focussing and person centred therapy the therapist is inviting the client to indwell himself or herself the author provides a framework for considering many modern perceptions of the approach including notions such as presence and relational depth Also the link with focussing is modern in the sense that the present World Association for the approach covers a fairly broad family including traditional person centred therapists experiential therapists focussing oriented therapists and process guiding therapists Important in this development is the kind of dialogue encouraged by the present book Dave Mearns Strathclyde University The belief that change occurs during the therapeutic process is central to all counselling and psychotherapy The Person Centred Approach to Therapeutic Change examines how change can be facilitated by the counsellor offering empathy unconditional positive regard and congruence The Person Centred Approach to Therapeutic Change outlines the main theoretical cornerstones of the person centred approach and then applying these describes why change occurs as a result of a person centred therapeutic encounter The author explores the counselling relationship as an environment in which clients can open themselves up to experiences they have previously found difficult to acknowledge and to move forward Integral to the person centred approach is Carl Rogers radical view that change should be seen as an ongoing process rather than an alteration from one fixed state to another In Rogers view psychological health is best achieved by the person who is able to remain in a state of continual change Such a person is open to all experiences and is therefore able to assimilate and adapt to new experiences whether good or bad By focusing explicitly on how change is theorized and facilitated in counselling this book goes to the heart of person centred theory and practice making it essential reading for trainees and practitioners alike

Person-Centred 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 practitioners of person centred therapy

The Handbook of Person-Centred Psychotherapy and Counselling Mick Cooper, Maureen O'Hara, Peter F. Schmid, 2013-05-31 Thoroughly updated to reflect the latest trends in theory and practice

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

Person-Centred Therapy in Focus, 2013 **Person-Centred Therapy** Brian Thorne, Elke Lambers, 1998 Contributors from all over Europe cover a wide range of person centred issues and provide an insight into a professional network whose contribution to the field is both substantial and significant

The Handbook of Person-Centred Psychotherapy and Counselling Gina Di Malta, Maureen O'Hara, Susan Stephen, Yana Gololob, 2024-10-03 Thoroughly updated to reflect the latest trends in theory and practice this third edition is the most in depth and wide ranging text available on person centred psychotherapy and counselling Written by a diverse range of expert contributors 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

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

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

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

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

Interdisciplinary Handbook of the Person-Centered Approach Jeffrey H. D. Cornelius-White, Renate Motschnig-Pitrik, Michael Lux, 2013-06-04 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 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

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 Pscyhologist 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

What is person-centered therapy? Tony Merry, Bob Lusty, 1993-10-01

The Practice of Person-Centred Couple and Family Therapy Charles O'Leary, 2011-11-29 In The Practice of Person Centred Couple and Family Therapy Charles O Leary offers a rich description of relationship therapy that draws on the resources of both person centred psychotherapy and systemic and family therapy to present a skilful respectful and empathic approach to working with couples and families Grounded in detailed descriptions of client goals and predicaments the book takes an inside look at the therapist s options and decision making with both clarity and compassion Written in a refreshing lively and personal style the book Provides an abundance of ideas and techniques relevant to each step of the therapeutic process Addresses the complexity of family and couple therapy including chapters on working with same sex couples and working with children and adolescents Offers humanistic depth and breadth to a challenging area of practice with a strong value base and a philosophy that always privileges the client s viewpoint Clear concise and highly readable this is a vital thought provoking text for

students trainees and practitioners of counselling and psychotherapy working with couples and families

Person Centred Therapy In Focus Author Paul Wilkins Published On March 2003 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Person Centred Therapy In Focus Author Paul Wilkins Published On March 2003**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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