

SECOND EDITION

Person-Centred Therapy

Paul Wilkins

100

KEY POINTS & TECHNIQUES

Series Editor: Windy Dryden

ROUTLEDGE



Person Centred Therapy 100 Key Points

Windy Dryden



Person Centred Therapy 100 Key Points:

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.

Rational Emotive Behaviour Therapy Windy Dryden, Michael Neenan, 2014-12-01 Rational Emotive Behaviour Therapy (REBT) is practised all over the world and has many therapeutic, occupational and educational applications. *Rational Emotive Behaviour Therapy 100 Key Points and Techniques* presents 100 main features of this system to help therapists improve their practice. These essential points have been derived from the authors' own practice and also from their experience as trainers and supervisors of novice rational emotive behaviour therapists. The new edition has been updated throughout to take account of changes in the field. Beginning with an introduction outlining the basics of the approach, this book offers thorough coverage of all the vital topics including: therapeutic alliance issues; educational issues; dealing with clients' misconceptions about REBT; encouraging clients to work at change; dealing with obstacles to client change using the system in a creative way. This concise and highly practical book will be invaluable to psychotherapists and counsellors in training and practice, ensuring comprehensive understanding of the REBT approach.

Cognitive Behaviour Therapy Michael Neenan, Windy Dryden, 2014-08-13 In the last three decades, cognitive behaviour therapy (CBT) has been applied to an ever-increasing number of problems, including anxiety disorders, substance abuse and eating disorders, and populations: children, adolescents and older people. NICE recommends CBT as the first line treatment in the NHS for tackling a wide range of psychological disorders. *Cognitive Behaviour Therapy 100 Key Points and Techniques* is a crisp, concise elaboration of the 100 main features of this

very popular and evidence based approach within the field of psychotherapy The 100 key points and techniques cover CBT theory as well as practice Divided into helpful sections topics covered include Misconceptions about CBT Teaching the cognitive model Assessment and case conceptualization Homework self help assignments Ways of detecting and answering NATs Behavioural experiments Intermediate and core beliefs Relapse management Third wave CBT For the second edition of this book Michael Neenan and Windy Dryden have revised and updated many of the points and several new ones have been added This neat usable book is an essential guide for psychotherapists and counsellors both trainees and qualified who need to ensure they are entirely familiar with the key features of CBT as part of a general introduction to the current major psychotherapies

Gestalt Therapy Dave Mann,2020-09-28 Gestalt therapy offers a present focused relational approach central to which is the fundamental belief that the client knows the best way of adjusting to their situation This new edition of Gestalt Therapy 100 Key Points and Techniques provides a concise accessible guide to this flexible and far reaching approach Substantially updated throughout topics discussed include The theoretical assumptions underpinning gestalt therapy Gestalt assessment and process diagnosis Field theory phenomenology and dialogue Ethics and values Evaluation and research As such this book will be essential reading for gestalt trainees as well as all counsellors and psychotherapists wanting to learn more about the gestalt approach

Acceptance and Commitment Therapy Richard Bennett,Joseph E. Oliver,2019-03-27 Acceptance and Commitment Therapy 100 Key Points and Techniques offers a comprehensive yet concise overview of the central features of the philosophy theory and practical application of ACT It explains and demonstrates the range of acceptance mindfulness and behaviour change strategies that can be used in the service of helping people increase their psychological flexibility and wellbeing Divided into three main parts the book covers the Head Hands and Heart of the approach moving from the basics of behavioural psychology via the key principles of Relational Frame Theory and the Psychological Flexibility model to a detailed description of how ACT is practiced providing the reader with a solid grounding from which to develop their delivery of ACT consistent interventions It concludes by addressing key decisions to make in practice and how best to attend to the therapeutic process The authors of Acceptance and Commitment Therapy bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach This book will appeal to practitioners looking to further their theoretical knowledge and hands on skills and those seeking a useful reference for all aspects of their ACT practice

Solution Focused Brief Therapy Harvey Ratner,Evan George,Chris Iveson,2012-07-26 Solution Focused Brief Therapy 100 Key Points and Techniques provides a concise and jargon free guide to the thinking and practice of this exciting approach which enables people to make changes in their lives quickly and effectively It covers The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents including school based work families and adults How to deal with difficult situations Organisational

applications including supervision coaching and leadership Frequently asked questions This book is an invaluable resource for all therapists and counsellors whether in training or practice It will also be essential for any professional whose job it is to help people make changes in their lives and will therefore be of interest to social workers probation officers psychiatric staff doctors and teachers as well as those working in organisations as coaches and managers 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 **Single-Session Therapy (SST)** Windy Dryden,2023-08-29 Even in one session a therapist can make a difference The second edition of Single Session Therapy enables therapists to work with clients for one session and achieve possible and realistic results This book presents the 100 main features of the approach providing an accessible succinct overview Based on the author s extensive work demonstrating the effectiveness of Single Session Therapy SST this concise and practical book covers topics such as The goals of SST Characteristics of good SST clients Responding effectively to the client s very first contact Creating and maintaining a working focus Making an emotional impact Updated with refocused key points and references this second edition will also include new information about therapists misconceptions of SST the single session mindset and the working alliance Both concise and practical the book will be invaluable to psychotherapists and counsellors in training and practice **Transactional Analysis** Mark Widdowson,2023-11-09 The second edition of Transactional Analysis 100 Key Points and Techniques synthesizes developments in Transactional Analysis TA and psychotherapy research making complex ideas accessible and offering therapists practical guidance on refining TA psychotherapy skills Divided into seven parts the 100 key points cover The philosophy theory methods and critique of the main approaches to TA New developments and approaches in TA TA perspectives on the therapeutic relationship Client assessment diagnosis and case formulation Contracting and treatment planning using TA A troubleshooting guide to avoiding common pitfalls Refining therapeutic skills Specific updates incorporate emergent approaches in TA recent developments in the understanding of neurodiversity and current best practice thinking This book is essential reading for trainee and beginner TA therapists as well as experienced practitioners

looking to update their field knowledge for a skilful and mindful application of this cohesive system of psychotherapy

Person-centred Therapy and CBT Roger Casemore, Jeremy Tudway, 2012-08-16 Why do I need to learn about CBT and or the Person centred Approach What can these techniques contribute to my counselling training and practice This book has some of the answers showing humanistic CBT and integrative therapists how to get to grips with each other s approaches CBT has become more fully present in the therapeutic landscape and therapists from other modalities are increasingly being required to understand or even train in the approach Responding to this growing pressure for change Person centred therapist Roger Casemore joins forces with Jeremy Tudway Together they show how counsellors can respect and value each other s approaches by more clearly understanding the similarities and differences in theory philosophy and practice They clarify how therapists draw upon this knowledge in their practice without betraying the values of their core approach This book is recommended for anyone studying Person centred or CBT modules on counselling psychotherapy courses or experienced practitioners wishing to adapt their practice for NHS settings Roger Casemore is currently an Associate Fellow in Lifelong Learning at the University of Warwick and has a private practice as a therapist and supervisor of other therapists based in Worcester Jeremy Tudway is a Clinical and Forensic Psychologist and a director of Phoenix Psychological Services Warwickshire In addition to this he lectures in CBT at the University of Warwick

Client Issues in Counselling and Psychotherapy Janet Tolan, Paul Wilkins, 2011-11-10 This is the first book to focus on commonly occurring client issues and explore how to work with them from a person centred perspective Extensive case studies translate person centred theory into effective practice enabling therapists to work successfully with clients presenting a variety of different problems including Post Traumatic Stress Depression Panic and Anxiety Drug and Alcohol Issues Eating difficulties Self harm Childhood Sexual Abuse Each chapter covers the origin and meaning of the difficulty the person centred therapeutic approach and process and the outcomes Drawing from a combined 50 years of experience in the field Paul Wilkins and Janet Tolan bring together leading person centred therapists to address how and why each problem can be eased by means of working with the person This book should be on the desk of every counselling and psychotherapy trainee and is recommended reading for other practitioners of health and social care working with these client groups

Person-Centred Counselling in a Nutshell Roger Casemore, 2011-03-04 Person Centred Counselling in a Nutshell is a short accessible guide to one of the most popular approaches to counselling Using examples drawn from practice Roger Casemore outlines in a clear jargon free style the main principles of the person centred approach using the core therapeutic conditions congruence unconditional regard empathy This revised and updated second edition includes new material on professional issues on the use of person centred counselling in short term therapy and on the wider application of the person centred approach in other settings Providing a concise introduction to the theory and practice of person centred counselling Person Centred Counselling in a Nutshell is the ideal place to start for anyone reading about the approach for the first time Roger Casemore

is Senior Teaching Fellow and Director of Counselling courses at University of Warwick Cracking Psychology Dr Sandi Mann, 2017-04-06 Learn all about the history of psychology the theories that shaped society and the experiments that changed the world with biographies of the most influential psychologists of our times and insight into fascinating psychological phenomena such as the Freudian Slip and False Memory Find out how you can use psychology to feel happier manage anger tell when someone is lying encourage someone to stop smoking improve your memory and much more This extensive guide is perfect for anyone who wants to understand the inner workings of the human mind Understanding Mental Health and Counselling Naomi Moller, Andreas Vossler, David W Jones, David Kaposi, 2020-08-24 Understanding Mental Health and Counselling provides a critical introduction to key debates about how problems of mental health are understood and to the core approaches taken to working with counselling and psychotherapy clients In drawing out the differences and intersections between professional and social understandings of mental health and counselling theory and practice the book fosters critical thinking about effective and ethical work with mental health service users and therapy clients With chapters by noted academic writers and service user researchers and content enlivened by activities first person accounts and case material the book provides a key resource for both counselling and psychotherapy trainees and those interested in the broader field of mental health An Introduction to Counselling and Psychotherapy Andrew Reeves, 2018-05-26 This book introduces readers to everything they need to know about counselling and psychotherapy theory skills and practice Drawing on years of experience as a counselling practitioner and educator Andrew Reeves links theory to the development of appropriate skills and locates it within the context of therapeutic practice Features including chapter summaries discussion questions prompts for reflection case examples and further reading help students to apply what they've learnt and give them the confidence to progress into practice The book covers key theoretical approaches personal development counselling skills professional settings law policy values and ethics working with difference and diversity client and present issues and more Learning is also supported by a wealth of online resources such as case studies and videos that show what theory looks like in practice as well as journal articles to help extend knowledge This is the essential text for any trainee practitioner or for anyone needing an introduction to the foundations of counselling theory and practice **Advanced Play Therapy** Dee Ray, 2011-03 The purpose of this text is to present a resource to students and practitioners of play therapy that addresses topics beyond the training level It provides advanced knowledge on the three main areas of play child development and play therapy and integrates them to help the play therapist gain a holistic understanding of how play therapy works **Play Therapy** David A. Crenshaw, Anne L. Stewart, 2016-02-22 This authoritative work brings together leading play therapists to describe state of the art clinical approaches and applications The book explains major theoretical frameworks and summarizes the contemporary play therapy research base including compelling findings from neuroscience Contributors present effective strategies for treating children struggling with such

problems as trauma maltreatment attachment difficulties bullying rage grief and autism spectrum disorder Practice principles are brought to life in vivid case illustrations throughout the volume Special topics include treatment of military families and play therapy interventions for adolescents and adults

The Student Guide to Counselling & Psychotherapy Approaches Adrian Pennington, 2012-10-04 This pocket guide to modality approaches in counselling psychotherapy is a one stop shop for trainees on introductory counselling courses It describes 12 models of therapy as well as introducing the origins of counselling and providing guidance and tips on practical issues like time keeping supervision endings and boundaries Each short approach specific chapter has a consistent structure which allows easy comparison and cross referencing between the modalities The chapters cover origins background big names big ideas how the approach works who it s for critical considerations identifying features reflection summary learning ideas suggested reading This book is essential reading when choosing a professional counselling training in which to specialise or if you just want an overview of other counselling modalities outside of your own Those trained or training in wider mental health and psychology will also find it an useful overview of counselling approaches Adrian Pennington is a Counselling Psychologist Performance Psychologist Clinical Supervisor Trainer in Counselling and Mediator

Counselling Skills for Social Work Lisa Miller, 2011-11-14 Praise for the first edition The content of the book is excellent The strength lies in its detailed application of ideas to practice The use of the case material to illustrate application is excellent and works well Helen Cosis Brown University of Middlesex This new edition of Counselling Skills for Social Work argues that good counselling skills are at the heart of effective social work practice Building on the success of the first edition this core textbook brings a range of therapeutic models with their theoretical underpinnings and skills directly into a social work context By looking at how the underlying theory can be applied to professional practice chapters identify the key skills which can be employed for the most effective social work intervention Key features of the book include a practical skills based approach a focus on service user experiences and a range of case studies drawn from a variety of real life settings a new chapter dedicated to counselling young people chapter content is linked to the most recent NOS and GSCC guidelines structuring training and practice end of chapter Reflective Questions and Tips for Practice summarising the key theoretical concepts and their applications Written in a lively and engaging style this updated new edition will be an invaluable text for undergraduate students in social work It will also be useful for qualified practitioners to enhance understanding of communication and the process of change through the medium of counselling skills

Play Therapy with Preteens Eric Green, Jennifer N. Baggerly, Amie C. Myrick, 2018-08-15 Play Therapy with Preteens presents integrative models of play therapy that incorporate expressive arts and evidence informed interventions into working with preadolescents The current research demonstrates treatment efficacy in incorporating creative dynamic interventions into work with preadolescents and their families This unique book is written specifically on play therapy with preadolescents presenting a comprehensive yet practical approach that integrates

expressive arts like music movement play sand and poetry into treatment along with familial involvement Contributors cover a multitude of therapy options including cognitive behavioral attachment centered Alderian family play relational transformation nature based and directive This volume is the perfect companion to beginning and seasoned practitioners

Person Centred Therapy 100 Key Points: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. Person Centred Therapy 100 Key Points : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Person Centred Therapy 100 Key Points : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Person Centred Therapy 100 Key Points : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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