

Person-Centred Counselling Psychology

An Introduction

Ewan Gillon



Person Centred Counselling Psychology An Introduction

Dave Mearns, Brian Thorne



Person Centred Counselling Psychology An Introduction:

Person-Centred Counselling Psychology Ewan Gillon, 2007-06-18 Not only is this the first key text on person centred counselling psychology but one of the best introductions to the approach Gillon combines an in depth understanding of the person centred field with a highly accessible writing style to produce a book that will be of enormous value to anyone wanting to practice person centred therapy Essential reading for trainee and practising counselling psychologists with an interest in the person centred approach and highly recommended for counsellors and psychotherapists of all orientations Mick Cooper Professor of Counselling Counselling Unit University of Strathclyde *Person Centred Counselling Psychology An Introduction* is an introduction to the philosophy theory and practice of the person centred approach Focusing on the psychological underpinnings of the approach Ewan Gillon describes the theory of personality on which it is based and the nature of the therapeutic which is characterised by o unconditional positive regard o empathy o congruence The book shows how the person centred approach relates to others within counselling psychology and to contemporary practices in mental health generally It also gives guidance to readers on the approach s research tradition as well as considering key issues for those wishing to train and work as a person centred practitioner As such it is designed to be an applied accessible text providing a dialogue between the psychological basis of person centred therapy and its application within the real world As well as psychology students it will be of interest to those from other disciplines counselling trainees those within the caring professions and person centred therapists from a non psychological background Ewan Gillon is Director of The Edinburgh Psychology Centre and Lecturer in Counselling Psychology at Glasgow Caledonian University *Person-Centred Counselling Psychology* Ewan Gillon, 2007-07-21 *Person Centred Counselling Psychology* 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 congruence The book is an applied accessible text providing a dialogue between the psychological basis of person centred therapy and its application within real world It 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 how to research train and work as a person centred practitioner 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 Lecturer in Psychology Glasgow Caledonian University in the U K *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

The Person-Centred Approach Louise Embleton Tudor, Keemar Keemar, Keith Tudor, Joanna Valentine, Mike Worrall, 2004-03-08 In this essential text the highly regarded Temenos team present a new introduction to the person centred approach for the 21st 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

Handbook of Counselling Psychology Sheelagh Strawbridge, Ray Woolfe, 2010 This Third Edition of a seminal text reflects new developments with counseling psychology It covers areas such as neuroscience narrative approaches and post modernist thinking The six sections include tradition challenge and change in counseling psychology difference and discrimination and professional and ethical issues Special attention has been paid to the research evidence current issues and debates theoretical and philosophical underpinnings political and resource issues and illustrative case material

Counselling Psychology David Murphy, 2017-09-25 A complete introduction to the theory and practice of contemporary counselling psychology An excellent resource for students at undergraduate or graduate level Counselling Psychology A Textbook for Study and Practice provides valuable insights into the key issues associated with theory and practice in this field The contributors represent a diverse array of approaches reflecting the rich diversity within the area and care is taken to avoid favouring any one approach The book begins with an overview of the historical and philosophical foundations of counselling psychology before taking a detailed look at major therapeutic approaches and exploring issues associated with specific client populations ethics research design and more In particular the text seeks to explain how counselling psychology differs from and informs other areas of contemporary applied psychology The result is an

engaging balance of the personal and academically rigorous presented in a highly accessible format An authoritative introduction to and key issues involved with the theory and practice of counselling psychology for students and practitioners at all levels Considers all major approaches to psychotherapy including existential person centered experiential psychodynamic and cognitive behavioural Explores issues commonly encountered when working with specific client groups including children people with intellectual disabilities and emergency trauma victims

The Handbook of Person-Centred Psychotherapy and Counselling, 2024-09-05 Written by a diverse range of expert contributors unified by a relational ethics based reading of person centred theory and practice this seminal text is the most in depth and comprehensive guide to person centred therapy Divided into four parts it examines the theoretical philosophical and historical foundations of the person centred approach the fundamental principles of person centred practice as well as new developments in and applications of person centred clinical work explorations of how person centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy such as bereavement or trauma and professional issues for person centred therapists such as ethics supervision and training 10 years after it was last published this third edition includes new content on the climate crisis intersectionality and working with racism and anti racism It includes new dedicated chapters on the Non directive Attitude Relational Depth Experiential Practices Working with Trauma Online PCA and Person Centred approaches around the Globe International and interdisciplinary in conception this is a cutting edge resource for students of psychotherapy and counselling on a range of programmes as well as professional practitioners working in the field

Person-Centred Counselling in a Nutshell Roger Casemore, 2011-02-11 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

Skills in Person-Centred Counselling & Psychotherapy Janet Tolan, 2012-01-20 This book has already helped thousands of beginning practitioners understand the subtleties of the person centred approach and develop skills in person centred counselling practice Now in its second edition this step by step guide takes the reader through the counselling process providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person centred principles Janet Tolan defines the key tenets of the approach psychological contact congruence empathy and unconditional positive regard and demonstrates how they are used effectively in a range of counsellor client interactions

Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well this new edition contains new chapters Debates and Developments in Practice and Edgy and Ethical Issues This book is an ideal introduction for beginners and for more experienced therapists who want to extend their range Janet Tolan is a Consultant and Private Practitioner in Manchester She has worked extensively in education and training most recently as leader of the Counselling and Psychotherapy Masters programme at Liverpool John Moores University

Introduction to Counselling Skills Richard Nelson-Jones, 2012-11-19 From leading skills expert Richard Nelson Jones this bestselling book is the ideal companion for any trainer or trainee wanting to acquire and develop the counselling skills key to effective therapeutic relationships Using an easy to follow three stage model this fourth edition provides the answers to those all important questions what are counselling skills and why are they important how can I become more skilled and put the skills I have learnt into practice what skills will help me manage crises and work effectively with diversity ethical issues and dilemmas how can I help my client to develop their own self helping skills and maintain change after the counselling relationship has terminated Accessible practical and concise this new edition is packed full of up to date case examples more material on self care and diversity as well as a brand new chapter on Using Technology in Counselling This is the ideal text for introductory courses in counselling skills counselling and other professional areas including health care management education and social work Richard Nelson Jones has many years experience as a counsellor trainer and psychotherapist His books have helped train thousands of counsellors and helpers worldwide He is a Fellow of the British and Australian Psychological Societies and of the British Association for Counselling and Psychotherapy

Person-Centred Counselling in Action Dave Mearns, Brian Thorne, John McLeod, 2013-01-22 Audio book out now It is now 25 years since the first edition of Person Centred Counselling in Action appeared offering the definitive exposition of the theory and practice of the person centred approach Since then the book has supported and inspired hundreds of thousands of trainees and practitioners worldwide This important Fourth Edition maintains the book's accessibility clarity and verve whilst incorporating new developments in the approach John McLeod joins authors Dave Mearns and Brian Thorne to contribute an exciting new chapter on research relevant to the person centred field Person Centred Counselling in Action Fourth Edition will be an invaluable resource for those embarking on their first stages of training Well established practitioners and even seasoned scholars will continue to find much to interest and stimulate them Dave Mearns is professor of counselling and retired Director of the Counselling Unit of the University of Strathclyde He has written seven books including Working at Relational Depth in Counselling and Psychotherapy with Mick Cooper and is co editor of the international journal Person Centered and Experiential Psychotherapies Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia Norwich where he was previously Director of Counselling and of the Centre for Counselling Studies He is also a Co founder of the Norwich Centre and continues to work there as a Professional Fellow John McLeod is Emeritus Professor of Counselling at the University of

Abertay Dundee and adjunct Professor of Psychology at the University of Oslo Norway **Person-Centred Counselling in Action** Dave Mearns, Brian Thorne, 2007-05-21 Watch Dave Mearns and Brian Thorne's video on YouTube to hear the story behind the writing of the Third Edition and to find out about Dave's time spent under the stewardship of Carl Rogers SAGE celebrated the 20th Anniversary of the Counselling in Action series in November 2008 To view the video click [here](#) **REVIEWS** Thank you for revising the bible I am a tutor on a so called integrative counselling course and I thoroughly endorse the idea that Carl Rogers would have welcomed this honesty and new interpretation of his model Your SAGE book is indeed a bible and I have repeatedly recommended it to the students lecturer YouTube For students and those new to person centred counselling there is a clear exposition of person centred theory For experienced practitioners there are new and challenging theoretical developments within the person centred approach If new to counselling this is a must have If wondering whether to invest in this edition when there is already a copy of the earlier one on the shelf the challenge of the new theoretical material is persuasive but if that is not enough then the updated practice guidance the practical questions and answers and the comprehensive references must make this new edition another bestseller Therapy Today It is now almost twenty years since the first edition of Person Centred Counselling in Action appeared In that time this SAGE bestseller has maintained enormous popularity with trainees and practitioners and has achieved world wide acclaim This substantially revised Third Edition provides an excellent introduction to the theory and practice of person centred counselling while incorporating exciting new developments in the approach Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors At the same time they provoke reflection on many of the key issues which concern not only person centred practitioners but those across the whole counselling and psychotherapy field New to this edition is the inclusion of relational depth a key development for the person centred approach and counselling generally extended discussion of the counsellor's use of self a new chapter containing the authors answers to frequently asked questions the inclusion of diversity issues covering religion gender and sexual orientation further reading suggestions Much has changed in the person centred orientation since the death of Carl Rogers in 1987 Not only have new schools of thought emerged with different emphases and therapeutic possibilities but the authors of this book have themselves been responsible for significant advances in key areas of person centred theory and practice These developments are fully reflected in the revised text Continuing to offer a clear exposition of the theory and practice of the approach Person Centred Counselling in Action Third Edition will be invaluable for those embarking on their first stages of training Well established practitioners and even seasoned scholars will continue to find much to interest and stimulate them Praise for previous editions An important book a most sophisticated text Mearns and Thorne have written a book for all counsellors and psychotherapists The reader will be left both grateful and hungry for more British Journal of Guidance and Counselling The discussion of empathy acceptance and congruence is central and should be required reading for all trainees working to understand the richness of these core concepts

outstanding Counselling and Psychotherapy The Journal of the British Association for Counselling and Psychotherapy Without doubt the clearest description of the person centred approach to counselling that I have read apart from Carl Rogers own writings I felt that I had got to know both Dave Mearns and Brian Thorne through their offering the reader their own congruence and I found this aspect of the book at times quite moving Social Work Today Gives real insight into person centred counselling This is a gentle book an absolute delight to read I couldn't put it down as it held me in the realm of my own feelings I would like to thank both authors for sharing so much of their intimate selves I recommend this book to trainee counsellors trained counsellors clients and those involved in the helping professions It is a book that has influenced me and that I would not want to be without BPS Counselling Psychology Review Excellent all rounder for practitioners to learn and build upon counselling skills with young offenders lecturer Guidance Youth and Youth Justice Nottingham Trent University An excellent text Student friendly and covering all main issues lecturer Psychology Swansea Institute of HE Stimulates a re exploration of the doctor patient relationship British Medical Journal I felt understood by this book Ann Weiser PCA Letter Network This book could very sensibly be placed on the reading lists of all counselling trainers and trainees this is the most informative and useful book I have read in a long time and I have no doubt that if Carl Rogers were still alive today he would not only agree but also acknowledge experiencing some envy Changes The skilful conveying of tenderness and building of trust are well explained and described with lots of case study examples Guidance Matters Excellent book a useful and practical way to underpin current emphasis on humanism in nursing lecturer West London NHS Mental Health Trust Continues to be an excellent easy introduction but with depth Deserves to be a bestseller lecturer Preston College The book conveys the profound respect for the person for his/her autonomy and uniqueness which is inherent in the Rogerian approach British Journal of Medical Psychology A marvelous book highly recommended Someone has finally written an easily accessible book about the theory and practice mostly practice of the kind of therapy that makes the most sense to many focusers Hurrah The Focusing Connection Truly allows the reader to enter the world of the person centered counsellor Contemporary Psychology Person Centred Counselling in Action written by Dave Mearns and Brian Thorne was originally published in 1988 about a year after the death of Carl Rogers It has helped to maintain and stimulate interest in this approach and has become a best seller in the Counselling in Action series The Journal of Critical Psychology Counselling and Psychotherapy *The SAGE Handbook of Counselling and Psychotherapy* Colin Feltham, Ian Horton, 2006-01-05 The SAGE Handbook of Counseling and Psychotherapy Second Edition is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising succinct and easy to access contributions the Handbook describes not only the traditional skills and theoretical models but also the most common client concerns brought to therapy and the particular skills required for different practice settings and client groups **Understanding Person-Centred Counselling** Christine Brown, 2014-12-22 This book provides a key introduction to the theory concepts and practice of the person centred

approach through the lens of the practitioner's experience and personal development. Writing as someone who has been through real life challenges and has developed and learned as a result, the author's strikingly personal style not only helps to contextualise complex and nuanced theory but makes this a truly unique book about real person-centred practice and experience. From Roger's early philosophy through to the current developments and controversies in the field, the author uses personal testimonies, exercises and reflection points to make challenging concepts and practice issues accessible for the novice reader. What results is an informative and fascinating read for all those training and interested in the person-centred approach.

Handbook of Counselling Psychology Ray Woolfe, Windy Dryden, 1996-06-06. This book provides comprehensive coverage of counselling psychology in contemporary Britain. Leading psychologists provide a thorough examination of all the major areas of concern in the field.

Introduction to Counselling and Psychotherapy Stephen Palmer, 2000-01-28. Stephen Palmer is joint award winner of the Annual Counselling Psychology Award for outstanding professional and scientific contribution to Counselling Psychology in Britain for 2000. An introductory text that applies a down-to-earth approach to a diversity of 23 therapeutic approaches within counselling and psychotherapy, it was actually a pleasure conducting the review and having to read over the outlined models. It is a definite entry for counselling training courses and will offer plenty of ideas for those teaching as well as training. It is fun to read and offers numerous ideas of how to put into place counselling techniques.

Counselling Psychology. Methods of Therapy and Ethical Considerations Gary Elliott, 2014-06-26. Seminar paper from the year 2013 in the subject Psychology Consulting and Therapy Atlantic International University, language English, abstract. This paper focuses on the theories and the techniques involved in counselling as well as the ethical issues related to counselling. Each therapy style is discussed individually in an attempt to supply a user-friendly approach to the similarities and differences in relation to each style of therapy. The buzz term at the moment in counselling is Cognitive Behavioural Therapy, and while this technique of counselling has its merits, it is important for us to open ourselves to the vast array of therapeutic styles. It is my opinion that a competent counsellor utilises a combination of counselling techniques to best serve the needs of the client. Having a thorough understanding of how each technique can add value to the counselling environment makes for a more productive and successful practice. While each individual technique has its own application, it also has its own limitations in the counselling realm; these will be discussed in turn along with the implications and applications for multicultural counselling. In the South African field of counselling, along with numerous other countries in the world, the concept of multicultural sensitivity is of huge importance. Counsellors or therapists in this country will be exposed to clientele from many different cultural backgrounds, and sensitivity to the application of a particular therapeutic approach to multicultural counselling is paramount. Another important component of therapy is ethical practice. This concept goes beyond informed consent and client confidentiality and will be discussed later in this paper.

The Psychologist, 2007. Person-Centered Psychotherapies Dr David J Cain, David

Murphy,2026-02-17 This updated edition provides a concise introduction to person centered therapy which emphasizes the quality of the client therapist relationship for client growth *Social Constructionist Psychology* David J. Nightingale,John Cromby,1999 This work explores the growing conviction that dominant trends in social constructionism are inadequate or incomplete and risk preventing social constructionism from maturing into a viable and coherent body of theory method and practice

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