

PERSON-CENTRED
COUNSELLING

in Action

SECOND EDITION



Series Editor: Windy Dryden

DAVE MEARN'S
& BRIAN THORNE

PERSON-CENTRED COUNSELLING IN ACTION

Person Centred Counselling In Action Counselling In Action

Windy Dryden



Person Centred Counselling In Action Counselling In Action:

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

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Personal Construct Counselling in Action Fay Fransella, Peggy Dalton, 2000-05-15 In Paise of the First Edition In Britain few people can have contributed more to the development of a personal construct approach than Fay Fransella and Peggy Dalton Their book is primarily written for those who may wish to incorporate Kelly s ideas into their existing counselling framework This is an informative book which is concise well written and with no shortage of clinical examples

relevant to all who are interested in counselling and psychotherapy British Journal of Psychology The revised and updated edition of this practical accessible book gives a clear introduction to personal construct counselling for counselling trainees and practitioners alike

Person-Centred Counselling Training Dave Mearns,1997-11-28 This thoughtful and thought provoking book is essential reading not only for those involved in the training of counsellors within the person centred approach but also for individuals who may have simplistic dismissive or otherwise ill informed notions of the depth of self awareness required of the person centred practitioner and the far reaching challenges offered by the approach For counsellors who define themselves as person centred but who have had no substantial training it should be compulsory reading British Journal of Guidance and Counselling Person centred counselling probably requires more training and a greater intensity of training than most other mainstream counselling approaches but

Person-Centred Therapy Today Dave Mearns,Brian Thorne,Elke Lambers,Margaret Warner,2000-11-13 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

Key Issues for Counselling in Action Windy Dryden,1989-08-01 A stimulating and valuable book British Journal of Guidance and Counselling This concise and practical book tackles the key issues which all counsellors regardless of their theoretical orientation encounter in the counselling process from its beginning to its termination It assesses and provides views on some of the major challenges common to any counselling process such as structuring trust evaluation the reluctant client improving the counselling relationship transference and countertransference

Developing Person-Centred Counselling Dave Mearns,2002-11-27 This is a useful book for those who use person centred counselling in their practice or who are training to become person centred counsellors Counselling and Psychotherapy the Journal of the British Association for Counselling and Psychotherapy Developing Person Centred Counselling Second Edition is designed to help counsellors improve their skills within the person centred approach Written by Dave Mearns leading person centred expert and bestselling author the Second Edition has been fully revised and updated taking account of developments in person centred practice With new chapters on growth and transference the book covers the subjects which are central to person centred training the core conditions therapeutic alliance development of the counsellor therapeutic process the person centred approach in relation to psychopathology Supported by case material and examples from practice each part of the book presents the counsellor with practical and often challenging ideas which encourage him her to think carefully about his her practice and how to improve it Developing Person Centred Counselling Second Edition is a highly practical and

inspiring resource for trainees and practitioners alike 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

Emotion-Focused Counselling in Action Robert Elliott, Leslie Greenberg, 2021-02-24 This is the definitive introduction to the theory and practice of emotion focused counselling Starting with an introduction to the main theory and concepts it then guides you through the counselling phases from beginning to end The final chapter extends your learning by examining different client populations process research and ways of monitoring your practice Chapters include features such as case studies and transcripts further reading sections and reflective exercises that help you to enhance your understanding of the approach

Six Key Approaches to Counselling and Therapy Richard Nelson-Jones, 2010-12-10 This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice cognitive therapy and solution focused therapy from the cognitive behavioural school person centred and Gestalt therapy from the humanistic school Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school Following a clearly defined structure each chapter describes the origin of the therapeutic approach a biography of its originator its theory and practice discusses case material and further developments and suggests further reading Richard Nelson Jones goes on to review and evaluate all the approaches in his concluding chapter This excellent textbook is a vital resource for students on introductory courses and those who are starting out on professional training

Carl Rogers Brian Thorne, 2003-04-21 As founder of the person centred approach Carl Rogers 1902-1987 is an influential psychologist and psychotherapist Providing insights into his life and an explanation of his major theoretical ideas this book offers an introduction for those practitioners and students of the person centred approach

An Introduction to Counselling and Psychotherapy Andrew Reeves, 2018-05-26 Supported by online resources for both students and lecturers this is an authoritative introduction to everything the trainee needs to know to become a professional therapist

Handbook of Individual Therapy Windy Dryden, 2002-09-16 Handbook of Individual Therapy is the bestselling textbook which has been used in training many thousands of counsellors and psychotherapists For its Fourth Edition the book has been thoroughly revised and explained Praise for the Third Edition An important book not to be missed by any serious counselling student or practitioner British Journal of Guidance and Counselling A book which accepts and even celebrates the diversity of ideas in the field It stimulates interest and informs It stirs up debates and leaves the reader to continue to think about them an important book not to be missed by any serious counselling student or practitioner British Journal of Guidance and Counselling Written by excellent

people this is a model of what such books should be The editor has taken a lot of trouble to make sure that the contributors have written in such a way as to make the different approaches really comparable I would strongly recommend this book to anyone working in the field of psychotherapy or training as a counsellor or therapist There is nothing else like it available

Self Society Handbook of Individual Therapy Fourth Edition is a major new edition of the highly successful textbook which has become a classic for trainees in counselling and psychotherapy Revised and updated throughout the book presents a comprehensive overview of the key approaches to individual therapy practice including a new chapter on Cognitive Analytic Therapy Written by those at the forefront of counselling and psychotherapy each a leading exponent of the particular form of therapy they discuss the book introduces the principles and methods of individual therapy concisely and accessibly Following a clearly defined structure each chapter outlines one approach in detail providing case examples to illustrate how that approach works in practice Each form of therapy is described in terms of its historical context main theoretical assumptions mode of practice which clients will benefit most the general strengths and limitations of the approach Further chapters place counselling and psychotherapy in its social context explore training and supervision and relate research to individual therapy practice Handbook of Individual Therapy Fourth Edition is designed for those in training in counselling psychotherapy and other helping professions such as nursing social work and education It will be invaluable for novice therapists looking for an overall picture of individual therapy practice and also experienced therapists interested in learning about alternative approaches

Counselling a Recovering Drug User Richard Bryant-Jefferies, 2018-12-14 This book is well timed and critically needed because it is a unique focus specifically working with the individual drug abuser which is written within the Carl Rogers person centered approach This book is matchless and deeply insightful Bryant Jefferies offers critical wisdom from his many years of counseling persons with substance abuse problems and brings into the text the guidance and skill of an experienced supervisor No doubt this book will remain a reference for a long time to come for all of us working in the field of counseling persons with drug abuse problems Dana Murphy Parker in her Foreword Professor of Nursing Arizona Western College Board of Directors The International Nurses Society on Addictions *Counselling a Recovering Drug User* has a story line that gripped me like a magnet from cover to cover The reader will come away with a heightened awareness and increased knowledge of the complexities of dealing with people who have a drug related problem Many people will benefit from this book The lay reader will find the book an engaging read whilst gaining some insight into the world of drug users and the counselling process Actual and potential clients may need this and gain encouragement about the benefits of person centred counselling Health professionals will find this book provides an easy to follow explanation of Carl Roger s counselling model and a unique view on how the counselling relationship allows a troubled client to grow and heal I enjoyed this book immensely I highly recommend this book to anyone who has an interest in drug users problems and the therapeutic relationship Dr Peter C Robinson in his Foreword General Practitioner Surrey GP with a Special Interest in Substance Misuse

Guildford Surrey **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

Psychosynthesis Counselling in Action Diana Whitmore, 1991 How can counselors and therapists help clients realize their potential and purpose in life In *Psychosynthesis Counselling in Action* Diana Whitmore explains how the psychosynthesis approach helps clients interpret what is going on in their lives in a positive way From the initial interview through the final session she illustrates the creative and challenging aspects of being a counselor She also stresses the importance of tailoring therapeutic techniques to a client's needs phase of treatment and temperament This exciting pragmatic approach to therapy is especially effective when counseling abused women and children drug offenders delinquents and people with panic attacks psychosomatic symptoms phobias eating disorders and depression *Working at Relational Depth in Counselling and Psychotherapy* Dave Mearns, Mick Cooper, 2017-09-25 Eagerly awaited by many counsellors and psychotherapists this new edition includes an updated preface new content on recent research and new developments and debates around relational depth and new case studies This groundbreaking text goes to the very heart of the therapeutic meeting between therapist and client Focusing on the concept of relational depth the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence The book has helped thousands of trainees and practitioners understand how to facilitate a relationally deep encounter identify the personal blocks that may be encountered along the way and consider new therapeutic concepts such as holistic listening that help them to meet their clients at this

level This classic text remains a source of fresh thinking and stimulating ideas about the therapeutic encounter which is relevant to trainees and practitioners of all orientations

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