



Second Edition

Skills *in*
PERSON-CENTRED
Counselling & Psychotherapy

Janet Tolan

Counselling & Psychotherapy
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Psychotherapy & Counselling
Series Editor:
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Skills In Person Centred Counselling Psychotherapy

Skills In Counselling Psychotherapy Series

Phil Joyce,Charlotte Sills



Skills In Person Centred Counselling Psychotherapy Skills In Counselling Psychotherapy Series:

Skills in Person-Centred Counselling & Psychotherapy Janet Tolan, 2012-03-05 This book has already helped thousands of beginning practitioners understand the subtleties of the person centred approach and develop skills in person centred counseling practice Now in its Second Edition this step by step guide takes the reader through the counseling 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

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

Skills in Existential Counselling & Psychotherapy Emmy van Deurzen, Martin Adams, 2016-05-16 This is the definitive practical introduction to a skills based approach in existential therapy Accessible for those without a philosophical background it describes the concrete and tangible skills tasks and interactions of existential practice It covers the theoretical background and history of existential therapy along with taking a phenomenological approach to practice and individual clients This second edition has been thoroughly updated to reflect recent thinking and expanded to include A new chapter on the applications of existential therapy in wider contexts such as supervision and coaching A new chapter covering professional issues and challenges such as working in the NHS engaging with research and the use of the Internet in existential therapy A companion website which includes video content featuring the authors explaining each chapter's underpinning theory and demonstrating the principles in practice A much needed resource for trainees as well as experienced practitioners keen to expand their knowledge the authors make the existential approach accessible to all those who wish to find out what it has to offer

Skills in Gestalt Counselling & Psychotherapy Phil Joyce, Charlotte Sills, 2009-11-18 Skills in Gestalt Counselling Psychotherapy Second Edition is a practical introduction to the

application of the Gestalt approach at each stage of the therapeutic process Taking the reader through these stages the book focuses on skills which arise out of Gestalt theory as well as those invoked by the therapeutic relationship As well as offering guidance on practice issues affecting counsellors such as assessment and treatment considerations using a variety of Gestalt techniques and developing client awareness this fully updated edition has been expanded to represent new developments in the psychotherapy field New material includes the implications of neuroscience and psychotherapy outcome research for the therapeutic relationship new chapters exploring action research disturbed and disturbing clients and Gestalt supervision and coaching short term work in primary care and the NHS This is an ideal text for use on counselling and counselling skills courses especially those training in Gestalt and recommended reading for anyone who uses Gestalt skills in their work

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 Person-Centred Counselling David L Rennie, 1998-05-21 This book offers a truly engaging read The writing style is good and it gives the reader a wide range of perspectives from the meta theoretical to the concrete practical experience of clients and counsellors David Rennie s book serves to continue the development as well as the exposition of the person centred approach to counselling British Journal of Guidance and Counselling This is a very good book clearly within the humanistic experiential tradition It seems to me to be very important that this kind of research continues it is the raw data of the counselling profession Person Centred Practice This book contains powerful new ideas about person centred th *The Person-Centred Approach to Therapeutic Change* Michael McMillan, 2004-03-05 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 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 Counselling in Action* Dave Mearns, Brian Thorne, 1999-09-13 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 The Journal of the British Association for Counselling Widely regarded as a classic text *Person Centred Counselling in Action* has now been revised and updated to take account of recent developments in theory and practice This bestselling exploration of one of the most popular approaches in counselling today is invaluable for students and experienced counsellors alike The authors explore the philosophical base to the approach originated by Carl Rogers and stress the considerable persona 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 **Learning and Being in**

Person-Centred Counselling (2nd Edition) Tony Merry, 2002 The second edition of this hugely popular book offers in depth discussion of all aspects of person centred counselling from its origins to current developments in theory and practice

Client-centered Therapy Carl R. Rogers, 2003-07 Presenting the non directive and related points of view in counselling and therapy Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan, Rita Sommers-Flanagan, 2015-05-27 Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice Skills Strategies and Techniques 2nd Edition is an in depth guide that provides useful learning aids instructions for ongoing assessment and

valuable case studies More than just a reference this approachable resource highlights practical applications of theoretical concepts covering both theory and technique with one text Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices this book is the perfect resource for graduate level counseling theory courses in counselor education marriage and family therapy counseling psychology and clinical psychology Included with each copy of the text is an access code to the online Video Resource Center VRC The VRC features eleven videos each one covering a different therapeutic approach using real therapists and clients not actors These videos provide a perfect complement to the book by showing what the different theories look like in practice The Second Edition features New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation specific interventions and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence based status section in each Theory chapter focusing on what we know from the scientific research with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice based evidence Showcasing the latest research theory and evidence based practice in an engaging and relatable style Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value 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 Essential Counselling and Therapy Skills Richard Nelson-Jones,2002-01-11 This is another well planned and well organized textbook specifically aimed at students in training as counsellors and psychotherapists who have already completed an introductory course British Journal of Guidance and Counselling Richard Nelson Jones focus on skilling the client provides a valuable

toolkit making explicit what is implicit in many counselling models His Skilled Client Model provides an excellent substitute for Egan's Skilled Helper Zo Fitzgerald Pool Director of Training working with clients to find shared definitions of their problems enabling clients to improve how they think communicate and act and dealing with questions of diversity ethical practice and the value of supervision Accessibly written the book contains numerous skill building activities and case examples making *Essential Counselling and Therapy Skills* an ideal textbook for practical skills training in counselling counselling psychology psychotherapy and other helping professions *Counselling Skills for Health Professionals* Philip Burnard, 1997 Covering both the theory and the practice of counselling this is an introduction to the basic skills needed by health care professionals This second edition incorporates AIDS counselling working with children record keeping and the Data Protection Act and space for readers notes *Person-Centred Counselling* Brian Thorne, 1991 This book draws together chapters articles and lectures from some twelve years of Brian Thorne's professional life as a person centred therapist **Skills in Cognitive Behaviour Therapy** Frank Wills, 2014-12-08 This step by step guide to the core skills and techniques of the cognitive behaviour approach is suitable for those with little or no prior experience in CBT The author uses case examples from a variety of settings to illustrate the skills needed at each stage of the therapeutic process and brings the therapeutic relationship to the foreground to show you how to build and maintain a successful working alliance with your clients This second edition includes new content on the historical foundations of CBT common presenting issues such as depression and anxiety third wave CBT IAPT insights from other approaches relevant to trainees in other modalities with an interest in CBT Accompanied by a new companion website which includes additional case studies template forms PowerPoint presentations for each chapter and a wealth of material for further reading this is an essential text for anyone wishing to hone their therapeutic skills in CBT **The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham, Ian Horton, 2012-01-20 Electronic Inspection Copy available for instructors here At about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill not to mention application in sculpting a text that is economically delivered and lucid in its writing Dave Mearns Professor Emeritus University of Strathclyde Glasgow The field of counselling and psychotherapy moves on but The Sage Handbook of Counselling and Psychotherapy keeps up Professor Sue Wheeler Director of the Doctoral Programme Institute of Lifelong Learning University of Leicester This book is the definitive text on the theory and practice of counselling and psychotherapy The editors are to be commended Professor Robert Bor CPsychol FBPSS CSci UKCP Reg FRAeS Lead Consultant Clinical Counselling Health Psychologist Royal Free Hospital and Co Director Dynamic Change Consultants www.dccclinical.com The what's what from the who's who in counselling in psychotherapy Professor Del Loewenthal RCTE University of Roehampton This long awaited third edition brings together the fundamentals of counselling and psychotherapy theory research skills and practice It addresses what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive

accessible and jargon free Including new material on interpersonal psychotherapy cognitive analytic therapy pluralistic therapy and mindfulness as well as body psychotherapy hypnotherapy Asperger Syndrome ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike Colin Feltham is Emeritus Professor of Critical Counselling Studies Sheffield Hallam University Fellow of the British Association for Counselling and Psychotherapy BACP Senior Registered Practitioner and former co editor of the British Journal for Guidance and Counselling Ian Horton is now retired and was Principal Lecturer in Counselling and Psychotherapy at University of East London Chair of the UKRC Executive a BACP accredited counsellor and UKRC registered independent counsellor He is a fellow of the BACP **A Practical Guide to Counselling** Alistair Ross, 2013-11-07 Talk listen support and understand better Develop a hands on understanding of how counselling works and how it can help people viewing the subject from both a client s and a trainee counsellor s perspective Learn how to listen more attentively and be a better communicator be more empathetic with a heightened perception of others and improve your relationships with both those around you and yourself Providing expert insights real life case studies and useful skills this Practical Guide offers an invaluable guide to anyone interested in learning more about counselling

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