

FREE PERSON-CENTRED COUNSELLING IN ACTION PDF



Brian Thorne,Dave Mearns,John McLeod | 240 pages | 06 Feb 2013 | Sage Publications Ltd | 9781446252536 | English | London, United Kingdom

Person Centred Therapy - Core Conditions | Simply Psychology

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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 Person-Centred Counselling in Action Mick Person-Centred Counselling in Action and is co-editor of the international journal, Person-Centered and Experiential Psychotherapies. The chapter on research, which comes at the end of the book, is an excellent explanation of why person-centred practitioners must both be informed by and engage with research, which will totally convince the doubters like me.

The book remains an invaluable introduction to person-centred concepts and can be used Person-Centred Counselling in Action both a reference and a reminder for those already familiar with the approach, to inform practice, enrich supervision or as a study aid for students.

It is a resounding riposte to those who continue to refuse to acknowledge the clinical relevance and proven efficacy of this approach. If this is to be Mearns and Thorne's last work of this type then it will be a lasting legacy for all counsellors and psychotherapists for some time to Person-Centred Counselling in Action and not just person-centred practitioners.

The updates are seamless and form a coherent state of the art presentation of person-centred theory and practice. Both novice and experienced therapists will find much to gain from reading this book, even if they have read previous editions. The addition of John McCleod's chapter strengthens this edition even further. Research on Person Centred Counselling is Person-Centred Counselling in Action comprehensive and in-depth introduction to the reasons for research, approaches Person-Centred Counselling in Action research and research on person-centred counselling itself.

A highly commendable book'. Moreover, the book has been invaluable in instilling many of the core principles that enable them to become skilled practitioners, mindful of what the therapeutic relationship really means' - Dr. This is an excellent text which provides a concise update on person centred counselling and is very relevant for coaching which is my main interest.

It provides trainee coaches with a succinct appreciation of the topic at a level of depth over and above short chapters in text books which I was otherwise using. Other texts are too wordy or out of date. A detailed analysis of the person-centred approach to counselling which will enable students to develop their knowledge and understanding to a critical level.

Key concepts are explained in depth and illustrated with appropriate examples. Jargon free and well written this is definitely an essential read for all our students and I wouldn't hesitate to recommend. This is an excellent book for learners wanting to find out Person-Centred Counselling in Action about Person-Centred Counselling.

Person-Centred Counselling in Action, Fourth Edition is an invaluable resource for those beginning counsellor training. The Person-Centred Counselling in Action practitioner is also find much to interest and stimulate them. John McLeod's contribution on research relevant to the person-centred approach is a welcome addition Person-Centred Counselling in Action the already must read and study for trainee counsellors. This clearly and simply written text has numerous case examples to Person-Centred Counselling in Action the person-centred approach.

A must have for the book shelf. This is our main text for the Person Centered modules. It provides an excellent and up to date overview of the Person Centered approach. Skip to main content. Resources to help you transition to teaching online Instructors : To support your transition to online learning, please see our resources and tools page whether you are teaching in the UK or teaching outside of the UK. Series: Counselling in Action series.

Other Titles in: Person Centred Counselling. Download flyer. 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. Therapy Today. Dr Adrian Myers.

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Person-Centred Counselling in Action - Dave Mearns, Brian Thorne, John McLeod - Google книги

By Saul McLeod updated Humanistic therapies evolved in the USA during the s. Carl Rogers proposed that therapy could be simpler, warmer and more optimistic than that carried out by behavioral or psychodynamic psychologists. His view differs sharply from the psychodynamic and behavioral approaches in that he suggested that clients would be better helped if they were encouraged to focus on their current subjective understanding rather than on some unconscious motive or someone else's interpretation of the situation.

Person-Centred Counselling in Action strongly believed that in order for a client's condition to improve therapists should be warm, genuine and understanding. The starting point of the Person-Centred Counselling in Action approach to counseling and psychotherapy is best stated by Rogers himself. Rogers rejected the deterministic nature of both psychoanalysis and behaviorism and maintained that we behave as we do because of the way we perceive our situation. Believing strongly that theory should come out of practice rather than the other way round, Rogers developed his theory based on his work with emotionally troubled people and claimed that we have a remarkable capacity for self-healing and personal growth leading towards self-actualization.

He placed emphasis on the person's current perception and how we live in the here-and-now. Rogers noticed that people tend to describe their current experiences by referring to themselves in some way, for example, "I don't understand what's happening" or "I feel different to how I used to feel".

Central to Rogers' theory is the notion of self or self-concept. This is defined as "the organized, Person-Centred Counselling in Action set of perceptions and beliefs about oneself". It consists of all the ideas and values that characterize 'I' and 'me' and includes perception and valuing of 'what I am' and 'what I can do'. Person-Centred Counselling in Action, the self-concept is a central component of our total experience and influences both our perception of the world and perception of oneself.

For instance, a woman who perceives herself as strong may well behave with confidence and come to see her actions as actions performed by someone who is confident. The self-concept does not necessarily always fit with reality, though, and the way we see ourselves may differ greatly from how others see us. For example, a person might be very interesting to others and yet consider himself to be boring.

He judges and evaluates this image he has of himself as a bore and this valuing will be reflected in his self-esteem. A person enters person centered therapy in a state of incongruence. It is the role of the therapists to reverse this situation. One major difference between humanistic counselors Person-Centred Counselling in Action other therapists is that they refer to those in therapy as 'clients', not 'patients'. This is because they see the therapist and client as equal partners rather than as an expert treating a patient.

Person-Centred Counselling in Action other therapies, the client is responsible for improving his or her life, not the therapist. This is a deliberate change from both Person-Centred Counselling in Action and behavioral therapies where the patient is diagnosed and treated by a doctor. Instead, the client consciously and rationally decides for themselves what is wrong and what should be done about it.

The therapist is more of a friend or counselor who listens and encourages on an equal level. One reason why Rogers rejected interpretation was that he believed that, although symptoms did arise from past experience, it was more useful for the client to focus on the present and future than on the past.

Rather than just liberating clients from their past, as psychodynamic therapists aim to do, Rogerians hope to help their clients to achieve personal growth and eventually to self-actualize. There is an almost total absence of techniques in Rogerian psychotherapy due to the unique character of each counseling relationship.

Of utmost importance, however, is the quality of the relationship between client and therapist. If there Person-Centred Counselling in Action any techniques they are listening, accepting, understanding and sharing, which seem more attitude-orientated than skills-orientated. In Corey's view 'a preoccupation with using techniques is seen [from the Rogerian standpoint] as depersonalizing the relationship'. The Person-Centred Counselling in Action client-centered approach puts emphasis on the person coming to form an appropriate understanding of their world and themselves.

Client-centered therapy operates according to three basic principles that reflect the attitude of the therapist to the client:. Congruence is also called genuineness.

Congruence is the most important attribute in counseling, according to Rogers. This means that, unlike the psychodynamic therapist who generally maintains a 'blank screen' and reveals little of their own personality in therapy, the Rogerian is keen to allow the client to experience them as they really are. In short, the therapist is authentic. Person-Centred Counselling in Action next Rogerian core condition Person-Centred Counselling in

Action unconditional positive regard.

Rogers believed that for people to grow Person-Centred Counselling in Action fulfill their potential it is important that they are valued as themselves.

This refers to the therapist's deep and genuine caring for the client. The therapist may not approve of Person-Centred Counselling in Action of the client's actions, but the therapist does approve of the client. In short, the therapist needs an attitude of "I'll accept you as you are."

The person-centered counselor is thus careful to always maintain a positive attitude to the client, even when disgusted by Person-Centred Counselling in Action client's actions. Empathy is the ability to understand what the client is feeling.

This refers to the therapist's ability to understand sensitively and accurately [but not sympathetically] the client's experience and feelings in the here-and-now. An important part of the task of the person-centered counselor is to follow precisely what the client is feeling and to communicate to them that the therapist understands what they are feeling.

Thus it means to sense the hurt or the pleasure of another as he senses it and to perceive the causes thereof as he perceives them, but without ever losing the recognition that it is as if I were hurt or pleased and so forth.

If this 'as if' quality is lost, then the state is one of identification" p. Because the person-centered counselor Person-Centred Counselling in Action so much emphasis on genuineness and on being led by the client, they do not place the same emphasis on boundaries Person-Centred Counselling in Action time and technique as would a psychodynamic therapist. If they judged it appropriate, a person-centered counselor might diverge considerably from orthodox counseling techniques.

As Mearns and Thorne point out, we cannot understand person-centered counseling by its techniques alone. The person-centered counselor has a very positive and Person-Centred Counselling in Action view of human nature. Joyce is beginning to feel sad and miserable. McLeod, S. Person centered therapy. Simply Psychology. Corey, G. Invited commentary on macrostrategies for delivery of mental Person-Centred Counselling in Action counseling services.

Mearns, P. Rogers, C. London: Constable. In ed. Koch, Psychology: A Study of a Science. New York: McGraw Hill. On Becoming a person: A psychotherapists view of psychotherapy.

Houghton Mifflin. Empathic: An unappreciated way of being. The counseling psychologist, 5 2 Person-Centered Review1 3 Toggle navigation. Note : Person centered therapy is also called client centered therapy. Client-centered therapy operates according to three basic principles that reflect the attitude of the therapist to the client: The therapist is congruent with the client.

The therapist provides the client with unconditional positive regard. The therapist shows an empathetic understanding to the client.

Set clear boundaries. For example, when and how long you want the session to last. You may also want to rule out certain topics of conversation. The client knows best. Act as a sounding board. They may need to feel reassured that they will be accepted for the person that they are and not face rejection or disapproval.

Remember advice is a dangerous gift. Also, some clients will not want to take responsibility for making their own decisions. They may need to be reminded that nobody else can or should be allowed to choose for them. Of course you can still help them explore the consequences of the options open to them. Concentrate on what they are really saying.

Sometimes this will not be clear at the outset. Listen carefully — the problem you are initially presented with may not be the real problem at all.

Be genuine. If you simply present yourself in your official role the client is unlikely to want to reveal personal details about themselves. This may mean disclosing things about yourself — not necessarily facts, Person-Centred Counselling in Action feelings as Person-Centred Counselling in Action. Accept negative emotions. Some clients may have negative feelings about themselves, their family or even you.

Try to work through their aggression without taking offense, but do not put up with personal abuse. How you speak can be more important than what you say. It is possible to convey a great deal through your tone of voice. Often it will be found helpful to slow down the pace of the conversation. Short pauses where the client and you have time to reflect on the direction of the session can also be useful.

I may not be the best person to help.

