



Third Edition

**Skills** *in*  
**PERSON-CENTRED**  
Counselling & Psychotherapy

Janet Tolan  
with Rose Cameron

Counselling &  
Psychotherapy  
**Skills** *in*  
.....  
Series Editor  
Francesca Inskipp



# Skills In Person Centred Counselling And Psychotherapy

**Paul Wilkins**



## **Skills In Person Centred Counselling And Psychotherapy:**

**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 *Skills in Person-Centred Counselling & Psychotherapy* Janet Tolan, Rose Cameron, 2016-11-14 This bestselling classic has guided thousands of students and practitioners step by step through the skills and theory of the person centred approach Fully updated this Third Edition includes numerous new exercises and case studies a thoroughly revised chapter on recent debates and developments as well as two important new chapters on Politics Prejudice Power and Privilege Client Perception It remains an essential introduction for those beginning their training as well as more experienced practitioners keen to expand their range

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 **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 **The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham,Ian  
Horton,2012-03-05 This long awaited Third Edition of The SAGE Handbook of Counselling and Psychotherapy brings together  
the fundamentals of counseling and psychotherapy theory research skills and practice Editors Colin Feltham and Ian Horton  
address 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

pluralism and mindfulness as well as body psychotherapy hypnotherapy learning disabilities ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike

**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

**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 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 Therapy with Children and Young People** David Smyth, 2013-02-01 This engaging new book presents a child centred model of therapy that is thoroughly person centred in its values Establishing the roots of child centred therapy in both child development theories and the Rogerian model David Smyth demonstrates that counselling the person centred way is exceptionally relevant to young people The book further develops child centred therapy theory and practice applying the model to real life practice with children and young people whether in play school organisations or with special needs groups It also explores the complex professional issues so critical with this age group including challenging boundaries establishing an effective relationship with parents and other primary carers legal and ethical considerations and multi professional practice The author's warm accessible style conveys his passionate conviction that the person centred approach can provide a strong foundation for child therapy practice His book introduces humanistic counselling and psychotherapy trainees as well as adult trained therapists to the particular requirements of working with children and young people and also illustrates the value of using a child centred approach for those who might already be working with children in mental health settings Equally this volume can be used for professional development in many disciplines including adult trained therapists who want to extend their knowledge of people prior to reaching adulthood

*Applying the Person-Centred Approach to Global, Social and Personal Crises* Mairi McMenamin, Kate Munro, 2025-09-12 Against the backdrop of current debates in society about mental health and responses to crises this edited volume examines the person centred approach PCA as a vital framework for addressing contemporary mental health challenges and promoting psychosocial resilience across diverse cultural contexts This book tackles a range of themes and topics that reflect challenging contemporary global social and personal issues such as war and conflict social care grief and loss artificial intelligence and neurodiversity Chapters explore the universal issues that face the person centred experiential and humanistic counselling communities in our current times as well as the barriers to addressing these issues and the models of good innovative practice that have sought to tackle them

This book demonstrates how non directivity proves to be crucial for affecting meaningful change for the self Presenting first hand practitioner experience and guidance this book will be of significant value amidst current dialogue and debate on the value of the PCA when working with people and organisations in times of crises Focusing on the wider application of the PCA beyond the therapy room and the response it offers to current societal challenges this book will be essential reading for person centred practitioners counselling researchers and policymakers interested in crises conflicts and social changes

**Basic Personal Counselling: A Training Manual for Counsellors** David Geldard, Kathryn Geldard, Rebecca Yin Foo, 2017-01-01 Basic Personal Counselling is an easy to read introduction to counselling that reflects current best practice It teaches core interviewing skills and provides a framework of practical examples and training group exercises to enable students to progressively build a skill repertoire The book is designed to prepare students for field placement and therefore has a strong vocational focus Introduces counselling skills in a logical sequence and provides practical examples of the skills in action Discusses the process of change involved in counselling Provides approaches for counselling people with specific problems such as anger depression grief suicidal ideation Discusses professional issues including confidentiality ethics record keeping Learning To Counsel, 3rd Edition Jan Sutton, William Stewart, 2008-08-29 the new edition of this popular and userfriendly book has been thoughtfully revised updated and expanded Fresh information has been added to keep pace with the rapidly advancing field of counselling and psychotherapy Learning to Counsel Third Edition contains an abundance of illustrative graphics case studies examples of skills in practice practical exercises and sample letters forms and checklists designed to stimulate learning Its predecessor appears on the recommended reading list of several counselling certificate courses This new revised edition is an ideal text for those contemplating embarking on a counselling course trainee counsellors counselling tutors to use in training professionals working in the area of health care management and education and counsellors working in the voluntary sector Contents Illustrations table sample forms and letters Foreword Preface 1 Exploring Counselling 2 Exploring Essential Counsellor Qualities 3 Developing Self Awareness 4 Helping the Client Feel Safe 5 Helping the Client Explore the Problem Part 1 6 Helping the Client Explore the Problem Part 2 7 Helping the Client Understand the Problem 8 Helping the Client Resolve the Problem 9 Terminating the Counselling Relationship 10 Counsellor Self Care Appendix 1 Sample Forms and Letters Appendix 2 Suggested Responses to Exercises Appendix 3 Important People in the Development of Counselling Glossary Useful Websites Further Reading Index **Person-Centred Communication: Theory, Skills And Practice** Motschnig, Renate, Nykl, Ladislav, 2014-02-01 Articulates the first comprehensive person centred communication model and its use in therapy and the helping professions **Using a Person-Centred Approach in Early Years Practice** Amanda Norman, 2023-08-09 Using a Person Centred Approach in Early Years Practice reflects on the principles of person centred counselling developed by Carl Rogers It guides students and practitioners to use this approach within the sphere of early childhood education providing radical new ways of promoting emotions emotional regulation and



well being This accessible resource reveals how a therapeutic approach with a humanistic perspective can be understood and woven into early years professional practice by practitioners themselves Exploring how educators can be supportive through empathy understanding and congruent in developing relationships this text provides an overview and rationale to using a person centred approach its association to emotions health and well being the role of therapeutic play in early years communities from child parents and wider team how a person centred approach can impact leadership and teamwork its increasing necessity to supporting a child s physical and emotional development during the pandemic and beyond With informed practice examples case studies and thought provoking questions regarding a PCA this book will be essential and informative reading for students studying early years or early childhood courses and to practitioners looking to improve and enhance their practice

A Cross-Cultural Investigation of Person-Centred Therapy in Pakistan and Great Britain Saeed Ahmed Khan,2014 This book is on the scope of Person centred therapy in Pakistan and the UK from a perspective of cultural differences and counselling Psychology courses in both countries The book also describes four cultural differences between Pakistan and the UK A new cultural difference Tawbah Repentance which plays a prominent role in Pakistani culture has been derived from Islamic ideology The book will be helpful for those who want to use person centred therapy from the perspective of Asian culture in the treatment of their Muslim clients

Brief Counselling in Schools Dennis Lines,2011-11-10 Brief Counselling in Schools third edition is a highly practical and accessible guide to helping and supporting young people experiencing difficulties both at home and at school or college Covering issues from low self esteem and sexuality to substance misuse and aggression the author draws on a method of brief integrative counselling to illustrate how a time limited therapy can work effectively in an often pressured and time limited setting This fully revised and updated edition includes a whole new chapter on self harm discusses the latest research findings outlines up to date Safeguarding legislation and Child Protection protocols explores a teamwork approach to counselling examines the contribution of neuroscience to adolescent brain development considers the harmful effects of cyber bullying is in an accessible format with reflective exercises on ethical issues Steeped in vivid case examples therapeutic dialogue and points for reflection this invaluable book will help develop the theoretical knowledge understanding and skills base of any youth counsellor teacher or social worker based in a school or college setting

Counselling for Depression Pete Sanders,Andy Hill,2014-03-30 This is the first book to take a humanistic person centred experiential approach to counselling to the most commonly presenting client issue depression A landmark text it establishes humanistic counselling as an evidence based psychological intervention and is essential reading for trainees wishing to work in public health settings Chapters cover Evidence based practice and person centred and experiential therapies Counselling for Depression competence framework Working briefly the Counselling for Depression therapeutic stance In depth case studies illustrating Counselling for Depression in practice Training Supervision and Research The book further includes lists of CfD competences research data supporting the

approach and sources used in developing the Humanistic Competence Framework This will be vital reading for those taking CfD training or a humanistic counselling and psychotherapy course as well as for those already working within the NHS wishing to enhance their practice Andy Hill is an accredited counsellor an experienced trainer and Head of Research at the British Association for Counselling and Psychotherapy Pete Sanders is retired person centred therapist who now acts as a trainer with a special interest in Pre Therapy He founded PCCS training and PCCS books with his wife Maggie

Person-Centred Counselling David L Rennie,1998-03-13 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 theory and practice Supported by intensive qualitative research into the client s experience of counselling the book highlights the significance and pervasiveness of reflexivity defined as self awareness and agency within that self awareness and explores surprising ways in which clients contribute reflexively to the counselling process Vivid examples highlight activities show the therapy in action and illustrate how counsellors can use their own experiences creatively to facilitate their attunement to themselves their clients and their relationships with them The theoretical framework covers matters such as the use of images and metaphor counsellor transparency and the assistance of clients agency Emphasis is placed on the client counsellor relationship through such crucial areas as the working alliance power dynamics and metacommunication

*Working With Serious Mental Illness* Catherine Gamble,Geoff Brennan,2023-01-24 When working in the field of mental illness the best evidence is people s lived experience The third edition of *Working with Serious Mental Illness* maintains its focus on research data but this is framed by patients personal perspectives to provide clear practical advice for practitioners Aimed at nurses and healthcare practitioners working with mental illnesses such as severe depression bi polar disorder and psychosis this book provides solutions for engaging and working with patients and their families It vividly presents lived experience and the recommendations of patients then proceeds through developing and implementing effective interventions and how to reflect on patient relationships to ensure sustained success Easy to read and packed full of practical tips and strategies this is the ideal book for all healthcare practitioners working with patients with serious mental illness their families and their carers It will also be valuable reading for staff working in acute and community mental care settings who lack specialist training in serious mental health disorders for nursing students mental health nurses and general nurses working in mental health primary care and community settings Focuses on the lived experiences observations and recommendations for practitioners of people who use mental health services Combines theory and practice in a skills and

intervention based approach Presents down to earth intervention ideas designed for practitioners working at the front line Practical advice is provided in a user friendly clearly accessible way Contributions from experts and editors who are leaders in their field All content fully revised and updated to reflect changes in mental health service provision New chapters on Parity of Esteem Working with the Principles of Trauma Informed Care and Looking After Ourselves All new colour design and format

**Mental Health Nursing** Stephan D. Kirby, Denis Hart, Dennis Cross, 2017-03-14 Pre registration nurse training across the UK is now competency based and this is the first mental health nursing text devoted to this approach It explores the practical application of a competency based Exit Profile for mental health nursing students which ensures that there is consistency in the essential knowledge skills and attitudes that mental health nursing students will acquire by the end of their training programmes This timely and contemporary text will be an essential resource for all Mental Health Branch nursing students

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