

Person-Centred Counselling in Action

4th Edition

Dave Mearns and Brian Thorne
with John McLeod

SAGE Counselling in Action

Series Editor Windy Dryden



Person Centred Counselling In Action

Dave Mearns, Mick Cooper



Person Centred 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

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 Counselling in Action* Dave Mearns,Brian Thorne,1999-09-13 Trusting caring therapeutic relationship As well as providing an excellent starting point for all who wish to develop an understanding of this widely used and highly valued approach this edition will be essential reading for experienced practitioners who wish to remain at the cutting edge of an evolving discipline *Person-centred Counselling in Action* ,1988 *Person-Centred Counselling in Action* Dave Mearns,Brian Thorne,1988-10 This practical and comprehensive guide is written for counsellor trainers and their trainees as well as for counsellors already in practice wanting to familiarize themselves with the person centred approach to counselling Dave Mearns and Brian Thorne explain the theoretical principles of the person centred approach by relating these principles to actual practice Drawing on one particular case study the two counsellors present an extensive exploration of the core conditions of empathy acceptance and congruence and provide a step by step account of both the counsellor s and the client s experience of being involved in a trusting caring relationship characterised by power sharing and mutuality **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 **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 Person-Centred Counselling and Psychotherapy

Handbook: Origins, Developments and Current Applications Colin Lago, Divine Charura, 2016-04-16 From the origins of Carl Rogers person centred approach to the cutting edge developments of therapy today The Person Centred Counselling and Psychotherapy Handbook charts the journey of an ambitious vision to its successful reality In this book Lago and Charura bring together history theory research and practice to deliver a complete and unique perspective on the person centred approach Key topics include The groundbreaking journey of PCA s early decades spearheaded by Carl Rogers Developments and extensions of the original theory and practice The influence of PCA in developing new therapies and practice The frontier of contemporary PCA and therapists work with client groups of difference and diversity With its broad view that explores the origins variations and applications of PCA The Person Centred Counselling and Psychotherapy Handbook gives a comprehensive overview of the knowledge required and the issues faced by practitioners making it an important resource for the seasoned and training practitioner alike This particularly welcome contribution is distinctive in fostering a contemporary contextualised and transcultural person centred practice edited as it is by two leading UK figures in the field of diversity in counselling and psychotherapy Review in Therapy Today October 2016

Congruence D. Mearns, 2001 *Experiences of Counselling in Action* Dave Mearns, Windy Dryden, 1989-12-06 How hard it is to find a book to recommend to trainees which will give them an insight into what counselling and psychotherapy too for that matter is really like This book does exactly that This is a book which would be equally useful to the humanistic practitioner and the more orthodox one The breadth of sympathy is admirable in dealing with what is common to all orientations This is one of those rare books which does justice both to the human experiences involved in counselling and psychotherapy and to the theory which might explain those experiences Changes What is the experience of counselling from the perspectives of both client and counsellor What can be learned for the practice of counselling from an understanding of how it feels to be a client or a counsellor Addressing these questions central to this book are the personal accounts of individual clients and counsellors who each relate their own very different experiences of counselling They explore such issues as identity expectations trust power and boundaries in the client counsellor relationship And each examines the intense personal meanings of success or failure in the client or counsellor role An analysis of the implications for the counselling relationship concludes the volume

Introduction to Counselling and Psychotherapy

Stephen Palmer, 2000-01-28 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 Review This essential guide to the range of approaches used in current practice covers all of the major schools of counselling and psychotherapy as well as many that are less well known Ideal as a first textbook for student counsellors or psychotherapists

Introduction to Counselling and Psychotherapy will help them locate their initial training within the broad context of different therapeutic approaches and help them to discover the specific areas to which they feel the greatest leaning Each chapter introduces a specific approach and includes a clear explanation of the core concepts and their use in practice an illustrative case study profiles of the clients who benefit most from the approach advice on further reading and issues for discussion

The book also features a substantial glossary of terms

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

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

Key Issues for Counselling in Action Windy Dryden, 1989-08 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

Person-Centred Therapy Brian Thorne, Elke Lambers, 1998-11-20 In this scholarly book Thorne and Lambers have gathered together significant contributions to the advancement of person centred theory and practice from leading exponents of the approach in Austria Belgium Germany The Netherlands Norway and the United Kingdom I found the book both stimulating and challenging The insight it offers into working with difficult clients is invaluable and the sections on theory stretched me in my understanding of the approach I strongly recommend it to anyone from within or without the person centred tradition who wants to achieve a real understanding of the approach post Rogers and get to grips with the vibrancy and vitality of person centred thought in Europe

Counselling and Psychotherapy The Journal of the British Association for Counselling and Psychotherapy This book brings together up to date contributions to the development of person centred theory and practice from leading European

practitioners The book makes available for the first time in English some of the most significant theoretical ideas and practical applications of a distinguished group of contributors at the cutting edge of the approach It also gives a valuable insight into a vibrant professional network whose members are making a significant impact on the European world of counselling and psychotherapy Covering a wide range of person centred issues the book provides unique and challenging material that will act as a springboard for debate at many levels between experienced practitioners supervisors trainers and trainees

Training and Supervision for Counselling in Action Windy Dryden, Brian Thorne, 1991-03-26 An excellent compilation Given the explosion in the demand for both counselling and supervision this book should be required reading for all those putting a toe in these complex waters However I think it is also a salutary guide for those already practised as trainers and supervisors I found the issues raised stimulated me to think again about my own practice and to profit from that exercise

Counselling The Journal of the British Association for Counselling This accessible book explores the issues involved in both the training and supervision of counsellors and in the preparation of those who are to undertake supervisory and training roles The number of training courses is growin

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 Mystical Power of Person-Centred Therapy Brian Thorne, 2002-05-22 Brian Thorne s latest book is likely to cause something of a furore in the counselling and psychotherapy world and more particularly among person centred practitioners and pastoral counsellors

The Mystical Power of Person Centred Therapy takes the later work of Carl Rogers with the utmost seriousness and as a result moves into unexpected and perhaps for some dangerously controversial terrain Rogers discovered towards the end of his life that he had greatly underestimated both the mystical quality of the therapeutic process and the power of the person centred approach to give access to the spiritual dimension of experience Professor Thorne takes this concept further and explores the implications of regarding person centred therapy as an essentially spiritual discipline The outcome is a book which not only provides new and startling challenges for therapists of

all orientations but also suggests that the person centred way of being may have a major contribution to make to the resolution of some of humanity's seemingly intractable problems. It should appeal not only to therapists but also to clergy and all those concerned with the spiritual evolution of humanity. In the light of the events of September 11th 2001 and their aftermath such a book could not come at a more opportune time.

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.

Person-Centred Counselling Training Dave

Mearns, 1997-11-14

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 Counselling*

Person centred counselling probably requires more training and a greater intensity of training than most other mainstream counselling approaches but until now no one book has concentrated solely on the principles, practices and requirements of training person centred counsellors. Dave Mearns has drawn on the lived experiences of both trainers and trainees to demonstrate the potential range and importance of training in this field. The material covered includes selecting and supporting trainers, selecting course members, skills development, supervision and other professional issues, essential features of all counsellor training but of particular relevance to the person centred approach. Written expressly for both trainees and trainers this book also extends and develops current thinking within the approach and will be a valuable resource for all person centred practitioners.

The Top Books of the Year Person Centred Counselling In Action The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthraling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. Person Centred Counselling In Action : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Person Centred Counselling In Action : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Person Centred Counselling In Action : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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