

Counselling The Person Beyond The Alcohol Problem Intersubjective And Self Psychological Pathways To Human Understanding

Bryant-Jefferies (National Health Service, UK) uses fictitious dialogues in counseling and supervision sessions to demonstrate a person-centered approach in counseling a young man trying to break free from the damaging influence of his mother. Practical advice, reflections on the counseling process, summaries, and points for discussion are included, along with an introduction to the person-centered approach. The book is for counselors, trainees, and other health and social care professionals. Annotation : 2004 Book News, Inc., Portland, OR (booknews.com).

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.

This text provides insights into the experience of working with a client who is a survivor of child sexual abuse. It demonstrates the application of person-centred counselling theory in this context by using fictitious dialogue.

At the heart of Richard Bryant-Jefferies' work with problem drinkers is his belief in the power and effectiveness of the person-centred approach to counselling. He suggests that many alcohol problems develop out of, or are connected with, relationship difficulties. He highlights the importance of building a therapeutic relationship with the person, and of engaging with their individuality to encourage sustainable lifestyle change underpinned by personal growth. This practical book shows how such client-focused counselling can support problem drinkers who are seeking to develop and sustain a less alcohol-centred way of life. Demonstrating how the client-counsellor relationship can be harnessed to empower the individual to help themselves, Richard * describes the health risks and effects on family life of alcohol dependency * considers the differences between young and old problem drinkers * analyses the support services available to those seeking change * suggests ways of coping with relapse. Supported by contributions from clients who have undergone counselling for alcohol reliance, this is a comprehensive and positive guide for people working with those who have a problematic relationship with alcohol.

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 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.

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.

'This book examines the scientific contribution and increasing relevance of the Person-Centered Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional psychotherapy applications (client-centered, experimental, emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges-so far only partly recognized- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.'

Providing real insight into the experience of working with clients with progressive disabilities, this book uses dialogue, with thoughts and feelings in boxed comments, to illustrate the person-centred approach.

'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

'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.

This book is the ideal introduction to counselling and supporting children and young people. Taking a person-centred approach, Mark Prever offers readers a clear understanding of the theory and practice of working with children and young people in difficulty - whether in a therapeutic, school or social work setting. This practical text: - specifically addresses both the counsellor and the 'helper', who may be unfamiliar with counselling jargon - contains exercises, points for further thought and discussion, and boxed notes throughout, highlighting exactly how the theory applies to the child or young person - discusses ethics, the current political agenda and evidence-based practice. This book is a must-read for trainees and professionals working with children and young people in the fields of counselling and psychotherapy, education, mental health, nursing, youth work and social work.

The Therapeutic Use of Self is a ground-breaking examination of the individual therapist's contribution to process and outcome in counselling. Using many powerful case examples and extensive research findings from the author's own work, this book presents the counsellor's evaluation of their own practice as the main vehicle for the development of insight and awareness in to individual 'therapeutic' characteristics. It addresses many of the taboos and infrequently discussed aspects of therapy, such as: * the value of therapist failure * breaking the rules of counselling * working beyond the accepted boundaries of counselling. The Therapeutic Use of Self, will act as a spur to individual counsellors to acknowledge, develop and value their own unique contribution to the counselling profession.

Focusing on men whose eating habits have generated side effects on other aspects of their lives - such as work, health and family - this text uses fictitious dialogue in order to illustrate the person-centred

approach, enabling the reader to experience the diverse and challenging issues which surround patients.

‘This book is a monumental achievement, and person-centred practitioners will be indebted to Goff Barrett-Lennard for many years to come. He has written not only a definitive study of the history of person-centred approach - what he calls a report of the "evolutionary course of a human science" - but also an accompanying commentary which is unfailingly enlightening, sometimes provocative and occasional lyrical’ - Brian Thorne, Emeritus Professor of Counselling, University of East Anglia and Co-Founder, Norwich Centre ‘I highly recommend this book as a reference source of major import, as bibliography, as history as art, and as a complex discussion of questions that plague the person-centred practitioner and the client-centred therapist’ - The Person-Centered Journal ‘If you only ever buy one book about the Person-Centred Approach, other than those written by Rogers himself, this is the one. It is a staggering achievement by one of the most knowledgeable writers in the field’ - PCP Reviews ‘This book is a gem, and should have wide appeal. It is an excellent introduction to person-centred psychology, written in accessible style, and it takes the reader beyond the simplicity often confused with naivety Goff Barrett-Lennard reveals a sophisticated complexity that challenges us to view the "person" with fresh eyes and an open mind’ - Tony Merry, University of East London ‘I strongly recommend this book as a sophisticated treatment of the client-or person-centred approach to therapy and its applications to areas outside therapy. It is also a useful overview of research on all aspects of person-centred ideas’ - Psychotherapy Research ‘This book... is not a single "meal" in itself but a positive "larder" containing every imaginable staple food and condiment all exquisitely and thoroughly researched. The book took Godfrey T Barrett-Lennard 20 years to write and it will stand as a reference text for person-centred specialists for longer than that... an essential reference text... and a pantry full of delicious surprises’ - Counselling and Psychotherapy, The Journal of the British Association for Counselling and Psychotherapy ‘Probably the most important piece of work on the person-centred approach to have emerged in recent years... an essential source of reference for anyone with a serious interest in the person-centred approach’ - Counselling News Written by an ex-student and long-time colleague of Carl Rogers, this in-depth and challenging book charts the development of person-centred therapy from its origins through to the present day. Godfrey T Barrett-Lennard traces the central concepts and key figures within the movement, set against the contemporary historical, social and political context. As an integrated overview of the person-centred approach, Carl Rogers’ Helping System presents a wealth of fascinating ideas and information which is linked to a fresh, incisive account of the unfolding theory, process and research.

Focuses on women whose eating patterns have generated side-effects on other aspects of their lives such as work, health and family. This book is useful for trainees and experienced counsellors, members of support organisations, and women suffering from eating disorders, their friends and families.

FOR ALL THOSE SURVIVORS who wonder when they will finally feel good, the answer is now. One Small Step reminds us that living well is the best revenge and provides the knowledge and tools to fully embrace life. Organized into easy-to-follow sections, readers will find help in: * Moving Beyond Survivorhood * Enjoying the Gifts of the Present * Creating a Joyous Future * Responding to Life’s Challenges * How to Start a Small Steps Support Group “The demands of fate can thwart one’s journey. The exercises in One Small Step reclaim the ascendant path—the road to the real self. An internationally renowned expert, Yvonne Dolan provides a map to find the way home.”—Jeffrey K. Zeig, PhD, Director, The Milton H. Erickson Foundation “This book has a groundbreaking message: people can truly move beyond the identity of a ‘survivor!’”—Jill Freedman, MSW, coauthor of Narrative Therapy: The Social Construction of Preferred Realities “A manual for living and an absolute must for anyone who has survived the effects of trauma or loss and is ready to begin a rich and joyful life. Read it, reread it, and share it with a friend!”—Jim Duvall, Director, Brief Therapy Training Centres-International™ (A division of C.M. Hincks Institute) “Filled with helpful tips on how to reshape your future in spite of your past suffering.”—Insoo Kim Berg, coauthor of Interviewing for Solutions

Counselling for Alcohol Problems, third edition, is a practical and bestselling guide to working with people who have problems with their use of alcohol. It is the key book recommended by most alcohol counselling courses in the UK, including the Scottish national alcohol counsellors training scheme. The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual, attempting to understand and therefore enable the client to understand, what they are doing and why. This new edition includes: - New content on the current political, social and counselling context surrounding alcohol use - A wider range of case-studies - New ideas that help students and trainees develop the skills and strategies they need for working with their clients - Further guidance for generic or non-alcohol counsellors who face alcohol problems with their clients. This third edition is an invaluable resource for practitioners, both those specialising in work with alcohol misusers and those who encounter problem drinkers in the context of a more general counselling practice.

Although currently many people with dementia are not given the opportunity to receive professional counselling, this book explores the value of counselling for men and women living with this condition and how it enables them to make sense of their lives and their notions of themselves. The author explores the pervasive myth that all experiences of living with dementia are entirely negative and shows counsellors and carers how a person-centred counselling experience can have positive outcomes for those with dementia and the people who care for them. Based on the author’s own experiences of counselling people with dementia, the book covers the fundamentals of the counselling process and precisely what a person-centred approach entails. The book then brings together several theories of counselling such as the role of the ‘spiritual’ in the counselling relationship; working with concepts of relational depth and configurations of Self; and the author’s own theories of relating to a person’s spiritual core. Accumulating findings from over 20 years of counselling experience in both the UK and the US, this book explores the importance of the Self and recognising each individual’s worth and value. Dialogue from the author’s counselling experiences is used to illustrate the person-centred counselling approach. Providing a comprehensive guide to person-centred counselling for people with dementia, this book gives an illuminating perspective on the subject and will be of value to counsellors, health and social care professionals, carers, people with dementia and their families.

This book examines the scientific contribution and increasing relevance of the Person-Centered Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional psychotherapy applications (client-centered, experimental, emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges-so far only partly recognized- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.

Focusing on counselling bereaved clients and those with terminal illness, this book contains case studies, reflective thoughts and feelings of both the client and counsellor. Boxed key points and references to person-centred theory aid easy comprehension.

This landmark handbook brings together the fundamentals of counselling children and young people, across theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive, accessible and jargon-free.

Pastoral counselling has had a significant role in the development of the wider British counselling movement over the past thirty years. Yet this role has often gone unacknowledged, and little has been written about the implications of its distinctive identity within counselling. *Clinical Counselling in Pastoral Settings* fills this gap by offering an exploration of clinical issues that are distinctive to the work of pastoral counsellors in a way that is made clearly relevant to practice, whilst exploring wider issues. Contents include: * Pastoral counselling in multi-cultural settings * Pastoral counselling and the therapeutic frame * Transference within the pastoral counselling relationship * Integrated theology and psychology in pastoral counselling * The promise and difficulties of pastoral counselling

This text provides real insight into the experience of working with clients who are victims of warfare. It includes supervision as well as counselling sessions to further aid professional development.

The focus of this new edition is on counseling and psychotherapy, and its goals are to renew interest in the person-centered approach in the U.S., make a significant contribution to extending person-centered theory and practice, and promote fruitful dialogue and further development of person-centered theory. The text presents and clarifies the following main topics: the rationale for an eclectic application of person-centered counseling, the rationale and process for reflecting clients' feelings, the importance of theory as the foundation for the counseling process, the importance of values and their influence on the counseling relationship, the modern person-centered counselor's role, the essential characteristics of a person-centered counseling relationship, the group counseling movement and the person-centered perspective, the application of person-centeredness through play therapy, the difficulties and opportunities surrounding evaluation, a person-centered perspective on the process of counselor education, and therapeutic opportunities available outside the field of counseling. These discussions serve as a transition from traditional interpretation of person-centered to an eclectic application of the viewpoint. The process of person-centered counseling has evolved over the years and this comprehensive book contributes to that evolution. It represents the status of person-centered counseling while also identifying ideas which can influence its future.

'The style of writing, including individual stories, makes the text easy to read and accessible. As a result this book is suitable for both academic as well as non-academic readers.' - Book Reviews 'An easily readable and informative text. This book should be well thumbed book in all occupational therapy departments, if only to provide us with a consistent reminder of the complex interplay between the physical, emotional and psychological aspects of living, which enable each individual to achieve the balanced state of being a well person.' - British Journal of Occupational Therapy 'This is a very engaging book which presents the topic of counselling in health care in a readable and accessible way.[It] is a good resource for occupational therapists wishing to know more about counselling in healthcare settings. It is suitable for both students and qualified staff and is written in a style that encourages further reading. It is well referenced and relevant research is referred to throughout.' British Journal of Occupational Therapy 'This is an excellent sequel to *Counsellors in Health Settings*. The honesty of the accounts is inspiring as the authors explore frankly the difficulties they and their clients face, rather than simply giving idealistic accounts of how counselling should work. It cannot fail to increase awareness about a wide range of health problems that people experience and the often hidden consequences.' - Mental Health Magazine 'What I find most interesting about this book is that counselling is considered as part of the multidisciplinary team approach and thus is an interesting example of how counselling can work when offered in the rehabilitative or primary care setting to great advantage to both the client and rehab team. The book is easy to read and offers an experiential perspective rather than a theoretical one. However, the book does have a research perspective, and examples of narrative and postmodernist approach are used to complement the stories in the book without being overbearing.' - *Healthcare Counselling and Psychotherapy Journal* Individuals experiencing rehabilitation are subject to profound life adjustments, and the contributors to this book explore how the relationship between counsellor and client can be a source of support during that time. Describing pioneering initiatives in a range of rehabilitation settings the authors draw out the historical background and theoretical implications of their work and make recommendations for good practice. Rehabilitation experiences in both physical and psychological health care are described, including those of survivors of strokes, problematic drug or alcohol users, people who have sustained hearing loss or head injury and those affected by chronic bowel disorder and multiple sclerosis. Contributors describe the innovative work they are undertaking in NHS rehabilitation settings such as a head injury unit and a post-operative rehabilitation counselling service. Other contributions include a chapter from the perspective of a counsellor within a voluntary organisation, the Bristol Area Stroke Foundation, and a chapter by a counsellor working with clients undergoing community rehabilitation. Several chapters are written from the client's perspective by authors who have themselves received counselling as part of their programme of rehabilitation. This pioneering book introduces the reader to creative approaches to research and counselling including the use of poetry, groupwork and narrative ideas and will inform the work of counsellors, clients, health care workers and policy makers.

Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues presents an overview of the origins, current practices, and potential future of the discipline of counselling psychology. Presents an up-to-date review of the knowledge base behind the discipline of counselling psychology that addresses the notion of human wellbeing and critiques the concept of 'psychopathology' Includes an assessment of the contributions that counselling psychology makes to understanding people as individuals, in their working lives, and in wider social domains Offers an overview of counselling psychology's contributions beyond the consulting room, including practices in the domain of spirituality, the arts and creative media, and the environmental movement Critiques contemporary challenges facing research as well as the role that research methods have in responding to questions about humanity and individual experience

Using clinical examples to guide the reader, and a detailed analysis of case study and process report writing, this unique hands-on guide will show how to present clear, concise and properly presented

reports.

This text provides insight into the work of counsellors in helping young people cope in schools, colleges, universities, surgeries and hospitals, social services and charities. It uses dialogue to enable both trainee and experienced counsellors to enter the world of the young person.

Alcohol misuse is becoming an increasingly significant issue for people aged 55 and over, and providing effective counselling services to this growing client group requires a unique and specialised approach. This practical guide explores the factors that differentiate older drinkers, and introduces an innovative person-centred model that will help counsellors and other healthcare professionals to give older people with alcohol problems the help and support they need. Older people with alcohol problems often have complex personal histories, and are particularly vulnerable to long-term dependency, social isolation and self-medication. This book explores the influences, patterns and triggers that affect the development and progression of alcohol dependency in this age group, and provides a detailed description of a theoretical model and therapeutic process that has proved successful in practice. Informative case studies demonstrate the approach in action and guidance is also given for working with clients with dementia or mental health problems. This book will prove an invaluable resource for counsellors and other healthcare professionals who encounter alcohol problems in their clinical practice, including clinical psychologists, social workers, occupational therapists and community psychiatric nurses.

Aimed at counsellors, trainees and other healthcare and social care professionals, this work uses fictitious dialogue to illustrate the person-centred approach enabling the reader to experience directly the diverse and challenging issues surrounding patients confronted with the reality of obesity.

'The book represents a 'gentle revolution'. The gentleness comes from its lack of stridency and from its inclusiveness, and the radical quality is that person-centred therapy in particular, and all therapeutic work in general, cannot be the same again' - Therapy Today 'this is a great, most important and, for the English-language readership, ground-breaking book. The subject of the book is of enormous interest and importance within and beyond the person-centered and experiential orientations in the whole field of psychotherapy and counselling, both in its practice and its theoretical development. This great book had to be written. It presents an existential, phenomenological, dialogical approach at its best, and highlights the power of encounter relationship. This book does not only portray the state of the art of person-centered and experiential psychotherapies. Since many modalities develop in this direction - it is foundational for the realm of psychotherapy and counselling as such. The book is of enormous international interest; not only the international perspective on literature and development in the field, but also the cross-links of different views contribute to the development of psychotherapy and counselling and will be fruitful for interdisciplinary dialogue. This book stands as a landmark. It will be very influential to theory and practice. If you don't read it, you will not be able to join in further discussion and theory and practice developments' - Person-Centered and Experiential Psychotherapies 'Mick Cooper and Dave Mearns have managed to literally write with relational depth. This reader experienced them as human beings from their introductions in the preface. Their authenticity, their transparency and their humility evident from the first few words mirrored the "encounter at relational depth" this book is dedicated to. By the end of chapter 6 the reader can imagine every trainee in the future with a well-worn, coffee and tear-stained copy of this book in their satchel. This is, quite simply, a very good book' - Éisteach 'a bold, heart-felt and daring discourse on the issue of communication in the therapeutic encounter. Somebody needed to write a book such as this. Hopefully it will encourage us to examine more closely, and conduct more research upon, what happens between therapists and their clients' - Psychology and Psychotherapy 'I found this book really refreshing and more relevant to my practice as a counsellor than any other book on the subject which I have ever read. It felt very erudite, honest and "real", truly representative and reflective of what it's like to attempt to work as a person-centred counsellor and also found it stimulating / enlightening. My experience reading it was one of being accompanied and understood as a practitioner, there were a lot of "yes, that's how it is" moments as well as "that's how it should / could be" times too and I also felt both guided and inspired, like receiving good supervision in book form. In addition I found the writing style very accessible, warm and engaging' - Person-Centred Counsellor, Staffordshire University 'It does not happen very often that a scientific publication is an exiting read, but in this case that was indeed my experience. It touched me as a reader in its written genuineness, and I appreciate the fact that the views expressed in this book seem to be firmly grounded in scientific research, rather than the research being used as a simple way of demonstration or proving a point. The cooperation between the authors has apparently been so thorough, that throughout the various chapters only small differences in style can be noticed'- Tijdschrift Cliëntgerichte Psychotherapie 'I believe this book will have a durable and intense impact on the perception and discussion of person-centred theory. It is a brilliant exposition of where person-centred theory is at. The new developments are integrated into the fabric of person-centredness in ways that are not disruptive, yet radically alter the thing itself' - Person-Centred Quarterly 'This is one of those rare books which will attract a wide readership because it operates at so many different levels. It is, by turn, scholarly, dramatic, challenging, prophetic, practical, intensely personal and yet with implications which, if taken seriously, could transform the whole field of counselling and psychotherapy' - Brian Thorne, The Norwich Centre for Personal & Professional Development 'This new text by Dave Mearns and Mick Cooper is at once timely, informative, challenging and a delight to read' - Professor Ernesto Spinelli, Senior Fellow, School of Psychotherapy and Counselling, Regent's College, London 'This is an important book. It integrates concepts and practices from a range of approaches to therapy, and offers a convincing and original perspective that has the potential to inform practice, training and research for many years to come' - John McLeod, Professor of Counselling, Tayside Institute for Health Studies, University of Abertay Dundee Working at Relational Depth in Counselling and Psychotherapy is a ground breaking text, which goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', Dave Mearns and Mick Cooper 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. Drawing from their own practice, interviews with therapists and a diverse range of theoretical and empirical sources, the authors address the key question of how therapists can meet their clients at a level of relational depth. They show how different aspects of the therapist combine to facilitate a relationally-deep encounter, highlight the various personal 'blocks' which may be encountered along the way, and introduce new therapeutic concepts – such as 'holistic listening' – which can help therapists to meet their clients at this level. Two powerful case studies – a client with a drink problem and a traumatized client – have been selected to illustrate key aspects of working at relational depth. Like many of the ideas discussed in this book, the case studies represent a challenge to conventional thinking about the therapist-client relationship and the nature of the therapeutic process. Eagerly awaited by many counsellors and psychotherapists, Working at Relational Depth in Counselling and Psychotherapy is a source of fresh thinking and stimulating ideas about the therapeutic encounter which are relevant to trainees and practitioners of all orientations. Dave Mearns is Professor of Counselling, University of Strathclyde. His previous books with SAGE include Person-Centred Counselling in Action, Second Edition (with Brian Thorne), Developing Person-Centred Counselling, Second Edition and Person-Centred Counselling Training. Mick Cooper is Senior Lecturer in Counselling, University of Strathclyde. His previous publications include Existential Therapies (SAGE Publications, 2003).

This text highlights the complexities of dealing with people who have a drug-related problem and offers an insight into the world of drug users and the counselling process. It also provides an explanation of Carl Rogers' counselling model.

Focusing on the experiences of counsellors themselves, this book is a comprehensive resource for counsellors working in health contexts and for the health professionals who work with them, and may take

on counselling roles, which will inform and improve their work.

This practical book outlines the essential principles and practices of couple counselling. Demystifying this form of therapy, the author provides a step-by-step guide from the first meeting through to subsequent sessions. The book includes a wealth of supporting features including case examples, student exercises, points for reflection and memory-jog pages to use in practice. As well as chapters illustrating counselling for problems frequently experienced by couples, such as sexual difficulties, infidelity, violence and abuse, key content includes: - cultural differences in couples work - varieties of committed relationships - responses to specific difficulties - ethical issues that arise as a result of working with two people - gender differences in relation to the counsellor's own sexuality and/or gender - the value of training courses and supervision - persons' narratives as a basis for change. This book comprises a sound basis for one-to-one practitioners wishing to expand their expertise and practice of therapy into working with couples, and for students training in this mode of counselling

Client Issues in Counselling and Psychotherapy is the first humanistic counseling book to bring together commonly occurring client issues, exploring the origin and meaning of the difficulty, the therapeutic approach and process, and the outcomes. Extensive case material guides you through the nuances and potential pitfalls towards effective practice. Drawing from a combined 50 years of experience in the field, Paul Wilkins and Janet Tolan bring together leading person-centered therapists to address how and why each problem can be eased by means of working with the person.

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 fusers. 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

Placing a focus on the spiritual needs of death and dying, the theme of this book is that the focus of counselling with people who are dying should be on the psychospiritual aspects of death and dying. It is based on two assumptions - that death and anxiety, not pain, are the most critical issues for the dying, and that the time of dying is an opportunity for growth and transformation. The author believes that it is imperative for counselling professionals to realize that at this time understanding and caring are primary.

Through his work with problem drinkers, Richard Bryant-Jefferies has developed a person-centred approach to counselling that encourages a change of lifestyle. This work shows how client-focused counselling can support problem drinkers.

Binge! takes you into the world of the heavy-drinker and the struggle to overcome an ingrained alcohol habit that is rooted in childhood trauma. Andy is a man troubled by his past. Brought up by an aunt and uncle following the deaths of his parents, he is seeking to address his binge-drinking and the effect it is having on his life. However, he was not the only one affected by the murder he witnessed in childhood.

His older brother, Terry, regularly drinks himself into oblivion, and spends much of his time in 'alcohol blackout'. It all leads to tragedy, as heavy drinking so often does. Graham (Andy's therapist) is the man destined to share Andy's emotional and psychological roller-coaster journey. Can he help Andy makes sense of what is happening to him? Can he help him break free of his past, and alcohol's grip on his present? The characters have a reality that will haunt you and leave you with a deeper understanding of the human struggle to resolve heavy drinking. Binge! is the first in a series of titles being written to address a range of contemporary issues in a therapeutic context.

Counselling the Person Beyond the Alcohol Problem Jessica Kingsley Publishers

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