

Person Centred Counselling In Action

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Person-Centred Counselling in Action, Fourth Edition will be an invaluable resource for those embarking on their first stages of training. Well-established practitioners and even seasoned scholars will continue to find much to interest and stimulate them. Dave Mearns is professor of counselling and retired Director of the Counselling Unit of the University of Strathclyde. He has written seven ...

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'Person-Centred Counselling in Action continues to inform and inspire my doctoral students and lead them to a deeper, much more nuanced understanding of the Person-Centred approach. Moreover, the book has been invaluable in instilling many of the core principles that enable them to become skilled practitioners, mindful of what the therapeutic relationship really means' - Dr. Susan Maise ...

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- 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 ...

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Person-centred therapy, also known as person-centred or client-centred counselling, is a humanistic approach that deals with the ways in which individuals perceive themselves consciously, rather than how a counsellor can interpret their unconscious thoughts or ideas.

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It is one of the core conditions of person centred counselling and I believe that without congruence, the other skills used in counselling would suffer. As everything hinges on the counsellor being honest and real for the client. If a counsellor feels bored during a session and the feelings persist, then the counsellor (if he is being congruent) will tell the client how he is feeling. This is ...

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'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 a

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You will do this within a person-centred framework and in the second year you will visit other counselling models. You will be required to carry out 100 hours of counselling work with clients (i.e. in addition to counselling practice with peers) over the duration of the programme through placements with counselling agencies across Cornwall.

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