

Carl Rogers On Personal Power Inner Strength And Its Revolutionary Impact

"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.*

Selected from a body of Rogers' work, essays deal with his approach to psychotherapy, theory and research, and philosophies.

"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 Goff 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, The Journal of the British Association for Counselling "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 Wri

Developing Person-Centred Counselling
A Therapist's View of Psychotherapy
Carl Rogers on Personal Power
Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life
Becoming a Person
Proceedings and Debates of the ... Congress

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 'Edge 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.

**** The third edition (1986) is cited in BCL3. Introduces theoretical systems--Aboriginal theory, narrative, hypnosis, constructivism, and empowerment theory--and examines the full range of therapeutic approaches, including psychoanalysis, ego psychology, cognitive, crisis intervention, client-centered theory, feminist theory and meditation. The style and content of the chapters are practice-oriented, concentrate on the use of systems in a practical context, and, together with detailed descriptions of each theoretical system, explore their real-world implementation. Annotation copyrighted by Book News, Inc., Portland, OR

Change can often seem like an inscribed task, but this practical book will help you put it into perspective. With guidance from two experts, you'll recognise the behaviours and thoughts that hold you back, and will develop skills to think more positively, act more calmly and feel better about yourself. Using the same tools employed by CBT practitioners, this book is full of activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you. The authors' friendly and supportive approach will help you learn to manage recurrences of negative thinking and behaviours, and to develop strong coping strategies. CBT incorporates the latest therapies and research, including ACT and mindfulness, and explicitly addresses problem areas like insomnia and depression.

Psychotherapy and personality change
Carl Rogers on personal power

The Quiet Revolutionary: An Oral History
Person-Centred Counselling Psychology
A Way of Being
Carl Rogers was the psychiatrist who pioneered the practice of client-centred therapy, revolutionising the practice of psychotherapy, yet his own life was far from ideal. This biography explores his life - including his tortured marriage, his use of confidential information about his children's lives and his drinking - against the background of his work. The author draws heavily on the papers left by Rogers to the Library of Congress.

2015 Reprint of 1954 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. Carl Rogers was among the founders of the humanistic approach (or client-centered approach) to psychology. The person-centered approach, his own unique approach to understanding personality and human relationships, found wide application in various domains such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. These two lectures, first delivered in 1954, comprise the core of his teachings. In 1961 his other work would be collected and published as "On Becoming a Person." Contents: Some Hypotheses Regarding the Facilitation of Personal Growth What It Means to Become a Person

An updated edition of the bestselling guide on reprogramming one's negative thoughts and behaviour Once the province of mental health professionals, CBT (or Cognitive Behavioural Therapy) has gained wide acceptance as the treatment of choice for anyone looking to overcome anxiety, manage anger, beat an addiction, lose weight or simply gain a new outlook on life. Written by two CBT therapists, this bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and restrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you. Includes tips on establishing ten healthy attitudes for living as well as ten ways to lighten up Helps you chart a path by defining problems and setting goals Offers advice on taking a fresh look at your past, overcoming any obstacles to progress as well as ways to maintain your CBT gains Includes new and refreshed content, including chapters on how to beat an addiction and overcome body image issues With indispensable advice on finding your way out of the debilitating maze of negative thoughts and actions, the book is brimming with invaluable suggestions that will have an even a confirmed pessimist well armed for the journey forward.

The Handbook of Person-Centred Psychotherapy and Counseling
Active Listening
The Dynamics of Power in Counselling and Psychotherapy
Significant Aspects of Client-Centered Therapy
Comprehensive Handbook of Social Work and Social Welfare, Human Behavior in the Social Environment

On Becoming a Teacher
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 psychobasis 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.

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

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.

Congressional Record
The Carl Rogers Reader
Its Current Practice, Implications and Theory
The China Diary
Carl Rogers on Personal Power Inner Strength and Its Revolutionary Impact
Carl Rogers' Helping System
Given that people who are distressed often choose to go for help in therapy, it is therapists' duty and responsibility to deconstruct practices and to be clear about the ethics, values and effects of the practices they use. This book is based on the values and ethics of justice and responsibility, to resist domination and totalising discourses.

Written by the founder of humanistic psychology, Rogers traces his personal and professional life from the 1960s to the 1980s, and offers new insights into client-centered therapy.

Students deserve great teachers and learning to become a great teacher is a lifelong journey. On Becoming a Teacher guides both the new and experienced teacher through the exhilarating process of learning to educate students in a way that makes a lasting impact on their lives. Dr. Kearney leads the reader through the process of understanding what lies at the foundation of great teaching, loading each essay with ready-for-classroom use applications and challenging ideas. This book is designed to encourage the reader to think deeply about all aspects of education, while instilling, or rekindling, the excitement, enthusiasm, and teaching excellence shared by all great teachers. Written in conversational essay form and supplemented with discussion and reflection questions, this brief book would make an ideal classroom text for student teaching and education seminars. Whether you aspire to teaching excellence at the elementary school, middle school, high school, or collegiate level, On Becoming a Teacher is a must read. Author Bio: Edmund M. Kearney, Ph.D. is Professor of Psychology at Lewis University. Dr. Kearney has won numerous teaching awards over the past 20 years, including being named the "Teacher of the Year" at the Chicago School of Professional Psychology, the LaSallian Educator of the Year for teaching excellence at Lewis University, and the St. Miguel Febres Cordero Award winner for excellence in scholarship at Lewis University. Dr. Kearney's specialty areas in psychology include cognition, special education, child and adolescent assessment, and the scholarship of teaching and learning.

Individualism and Educational Theory
Coach the Person, Not the Problem
Carl R. Rogers
On Becoming a Person
Carl Rogers

Reassessing Person-Centered Theory and Practice for the 21st Century
Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments.

Carl Rogers on Personal PowerCarl Rogers on Personal Power Inner Strength and its Revolutionary ImpactFreedom to LearnActive ListeningMockingbird Press
Psychology Classics: Significant Aspects of Client-Centered Therapy Widely regarded as one of the most influential psychologists of all time, Carl Rogers was a towering figure within the humanistic movement towards person centered theory and non-directive psychotherapy. Originally published in 1946 his classic article Significant Aspects of Client-Centered Therapy is essential reading for anybody interested in psychotherapy and counseling. In this landmark publication Carl Rogers outlines the origins of client-centered therapy, the process of client-centered therapy, the discovery and capacity of the client and the client-centered nature of the therapeutic relationship. Bonus Material: Significant Aspects of Client-Centered Therapy builds upon some of Carl Rogers' previously published work. Among the most notable of these earlier works were The Processes of Therapy and The Development of Insight in A Counseling

Relationship, both of which are also presented in full. Significant Aspects of Client-Centered Therapy has been produced as part of an initiative by the website All About Psychology to make important psychology publications widely available. www.all-about-psychology.com
Personality Theory in a Cultural Context
A Companion for Counsellors and Therapists
Cognitive Behavioural Therapy (CBT)

The Creative Connection
Ethics, Politics and Practice
Person to Person. The Problem of Being Human

Active Listening is a short 1957 work by Drs. Carl R. Rogers and Richard E. Farnson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the "client-centered" approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farnson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farnson to continue his studies with him at the University of Chicago. Farnson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farnson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later appointed as the founding dean of the California Institute of the Arts School of Design and served as president of the Esalen Institute. Drs. Rogers and Farnson collaborated on many projects, including 1957's Active Listening. They also led a 16-hour group therapy session that was recorded and released as a film called Journey Into Self. The film won the 1968 Academy Award for Best Documentary. Active

Listening describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them. In order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farnson put it, "It takes a great deal of inner security and courage to be able to risk one's self in understanding another." In contrast to many psychological

texts, Active Listening is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farnson's ideas about client-centered psychology are used in clinical practice today.

This diary, under the title 'My Trip to China,' was written by 20-year-old Carl Ransom Rogers during his six-moth journey to the Far East in 1922. This never-before-published diary reveals intimate details of the religious faith, cross-cultural interactions, and emerging ideas on relationships leadership, social injustice, and education of a man who was to become one of te world's most influential psychologists. Within its pages readers can share in the wonder of the journey that Rogers himself in his later life called, "an absolutely mind-boggling experience."The narrative is so compelling and detailed that I could not put it down' Maureen O'Hara, Ph.D.

An exploration and discussion of the relationship between man and woman. Couples talk about the intimate details of their relationship and express their innermost feelings. Carl Rogers is the innovator of client-centered therapy. In this book he takes an objective position.

Tales of Un-Knowing
A Guide to Using Reflective Inquiry
Client-centered Therapy
Politics of Therapy
Counseling and Psychotherapy
A Critical Biography

Carl R. Rogers (1902–1987), a founder of the humanistic psychology movement, is one of the most influential American psychologists of the 20th century. His impact on education, counseling, psychotherapy, conflict resolution, and peace is unparalleled. He created a profound and fundamental shift in the fields of psychology and human relations. His deep belief that each person has worth, dignity, and the capacity for self-direction was counter to the pervading thought of his day. In order to fully understand and appreciate his impact, it is important to know what experiences shaped his life and what influences directed his thinking. Carl Rogers: The Quiet Revolutionary is a unique kind of autobiography that explores all these aspects of his life, and more, through a series of interviews. The result is a lively account in Rogers' own words of the peaks and valleys of both his professional and personal life. He describes his early life, his family, his schooling, and his intellectual development, and includes the early development of person-centered therapy, "The Therapeutic Hour" and his extensive efforts to reduce international tension through his work in northern Ireland, South Africa, and Central America ("The Peace Project").

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: thoughtfully reflecting clients' words and expressions back to them so they see themselves and their world through new eyes. "Coaches rely far too much on asking open-ended questions," says Marcia Reynolds. But questions only seek answers—inquiry provides insight. When, instead of just questions, clients hear their thoughts, opinions, and beliefs spoken by someone else, it prompts them to critically consider how their thinking affects their goals. Reynolds cites the latest brain science to show why reflective inquiry works and provides techniques, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unwrap the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients feel

safe, seen, and valued for who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

An expert collection investigating non-directivity, the distinguishing feature of the revolutionary, anti-authoritarian approach to psychotherapy developed by Carl Rogers.
Therapeutic Encounters from an Existential Perspective

Freedom to Learn
Skills in Person-Centred Counselling & Psychotherapy
An Introduction
Cognitive Behavioural Therapy For Dummies

Expressive Arts as Healing

This book is updated to reflect the latest trends in theory and practice, this this substantially revised and extended edition is the most in-depth and wide-ranging textbook available on person-centred psychotherapy and counselling. Divided into four parts, it examines the theoretical, philosophical and historical foundations of the person-centred approach; the fundamental principles of person-centred practice and applications of person-centred practice; how person-centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy; and, finally, professional issues for person-centred therapists, such as ethics, supervision and training. Written by a diverse range of expert contributors, united by a more relational, ethics-based reading of person-centred theory and practice, this is a comprehensive, cutting-edge resource for students on all advanced level person-centred courses, as well as for a wide range of professional practitioners in the field. New to this Edition: - A new, introductory chapter looking at contemporary challenges and opportunities for growth for the person-centred world - Nine further new chapters, including work with children and young people, older clients, arts-based therapies, addiction and bereavement, spiritual dimensions, contact and perception, working integratively, global and political implications - Increased use of text learning features to make the chapters more accessible and engaging - A greater focus on actual practice, with more case studies and examples of therapist-client dialogues Increased reference to research - A general updating of all chapters to include all relevant references

'This is the most stimulating, thorough, in-depth work on empathy as originated and developed by Carl Rogers within client-centered therapy and the person-centred approach that a reader will find. It provides a rigorous look at empathic understanding, with practical case illustrations throughout. "What a cornucopia" of offerings are provided in this book. The quotes and extracts from Rogers are always to the point, and explorations of the concepts rich and original, each amplifying, yet not changing, Carl's meanings. This book has a unique format and style, merging tradition with innovation and whimsy. It is both intellectually stimulating and very personal. I was delighted with the wit, humour, and plays on words. When compared with the reductionistic, stereotypic depiction of Rogers' work in so many previous texts outside the Person Centred Approach community, this book is a breath of fresh air. I believe Steve has guided us with elegance and insight, wisdom and compassion, towards deeper understandings of the genius and profundity of Carl Rogers' work and his principles. While the audience for this book might best be

considered to be those in training as therapists, or students using the book as a university text, it will also be most helpful for practitioners who want to review and renew a deeper understanding of Rogers' approach. Potential clients, in seeking a safe haven for their deep explorations, may also profit greatly from this book as a guide in their search.' Gay Leah Barfield in her Foreword

Ernesto Spinelli, a leading exponent of existential therapy, presents a therapeutic approach that has proven highly effective in assisting troubled individuals in confronting the problems of everyday life. The book presents the lives of eight individuals whose experiences illuminate a variety of dilemmas and anxieties that most of us encounter at different points in our lives.

Becoming Partners
Being Empathic
Marriage and Its Alternatives
The Life and Work of Carl Rogers
Social Work Treatment 4th Edition
Journey & Substance

Comprehensive Handbook of Social Work and Social Welfare, Volume 2: The Profession of Social Work features contributions from leading international researchers and practitioners and presents the most comprehensive, in-depth source of information on the field of social work and social welfare.

Originally published in 1897, this early works is a fascinating novel of the period and still an interesting read today. Contents include: The Function of Latin, Chansons De Gestes, The Matter of Britain, Antiquity in Romance, The making of English and the settlement of European Prosody, Middle High German Poetry, The 'Fox,' 'The 'Rose,' and the minor Contributions of France, Icelandic and Provençal, The Literature of the Peninsulas, and Conclusion..... Many of the earliest books, particularly those dating back to the 1900's and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwor

Embracing Non-Directivity