

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

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.

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Despite astute critiques and available resources for alternative modes of thinking and practicing, individualism continues to be a dominating and constraining ideology in the field of pastoral psychotherapy and counseling. Philip Rieff was one of the first to highlight the negative implications of individualism in psychotherapeutic theories and practices. As heirs and often enthusiasts of the Freudian tradition of which Rieff and others are critical, pastoral theologians have felt the sting of his charge, and yet the empirical research that McClure presents shows that pastoral-counseling practitioners resist change. Their attempts to overcome an individualistic perspective have been limited and ineffective because individualism is embedded in the field's dominant theological and theoretical resources, practices, and organizational arrangements. Only a radical reappraisal of these will make possible pastoral counseling practices in a post-individualistic mode. McClure proposes several critical transformations: broadening and deepening the operative theologies used to guide the healing practice, expanding the role of the pastoral counselor, reimagining the operative anthropology, reclaiming sin and judgment, nuancing the particular against the individual, rethinking the ideal outcome of the practices, and reimagining the organizational structures that support the practices. Only this level of revisioning will enable this ministry of the church to move beyond its individualistic limitations and offer

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healing in more complex, effective, and socially adequate ways.

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide.

Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

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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.

Social Justice Counseling

The Handbook of Counselling Children & Young People

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EBOOK: The Person-Centred Counselling and Psychotherapy Handbook: Origins, Developments and Current Applications

Therapy and Beyond

A New Model for Healing the Whole Person

'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). The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader the “who, what, where, how, and why” of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats. Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books,

journals, and organizations guide students to further resources beyond the encyclopedia. The Reader's Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

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.

This landmark handbook brings together the fundamentals of counselling children and young people 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. Divided into four parts, it covers: theory and practice approaches, including chapters on child development, person-centred, psychodynamic, CBT, Gestalt approaches, and more counselling process, including chapters on the

therapeutic relationship, skills, groupwork, supervision practice issues, including chapters on law and policy, ethics, diversity, challenging behaviour practice settings, including chapters on health and social care settings, school and education, multi-agency and collaboration. Each chapter includes a chapter introduction and summary, reflective questions and activities, helping trainees to cement their learning. With chapters contributed by leading experts and academics in the field, this book is essential reading for trainees and practitioners working with children and young people.

Counseling the Terminally Ill

Skills and Techniques

Interdisciplinary Handbook of the Person-Centered Approach

Values and Ethics in Counseling

Strategies for Engaging Clients and Improving Outcomes

Embracing the Spiritual in Person-Centred Therapy

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

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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

?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

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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.?

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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.

A Therapist's View of Psychotherapy

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The Person-Centred Approach to Therapeutic Change
Interdisciplinary Applications of the Person-Centered Approach
Skills in Person-Centred Counselling & Psychotherapy
Reflections on Theory Theology and Practice
Beyond Counseling and Therapy

This book has been written specifically to meet the needs of counsellors and trainers working with the National Health Service. It will also provide useful insights for doctors, nurses, and managers within the healthcare sector. The book covers topics such as, difference and diversity, colour, language barriers, oppressed nurses, stressed managers, changes in the NHS, exhaustion and late cancellations. Adopting the unique approach of the Living Therapy series, this book uses fictitious dialogues to enable the reader to directly experience the therapeutic process, providing real insight into the experience of workplace counselling in the NHS and also in other work settings.

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

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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

Gain an in-depth overview of the ten group counseling theories with Corey's best-selling THEORY AND PRACTICE OF GROUP COUNSELING, 10E. Using a clear, straightforward writing style, this edition illustrates how to put these theories into practice and even guides you in developing your own framework for effective group counseling with a syntheses of various aspects of the theories. New learning objectives and a consistent chapter structure help you easily grasp each theoretical concept and its relationship to group practice. This edition also highlights the latest developments and most recent literature

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from the field with new and expanded information on accreditations, ethics and cultural sensitivity. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Offering a concrete framework and practical methods for working from an existential perspective, Emmy van Deurzen, a leading existential philosopher and therapist, presents a practical method of working, using systematic observation, clarification and reflection to help clients rediscover their inner strengths. She shows how personal assumptions, values and talents, once acknowledged, can be turned to constructive use. Using wide-ranging case examples, the author also demonstrates the effectiveness of the existential approach in many different situations - from crisis work to dealing with chronic unhappiness.

*Counselling the Person Beyond the Alcohol Problem
Existential Counselling & Psychotherapy in Practice
Moving Beyond Trauma and Therapy to a Life of Joy
Binge!:would Therapy Resolve What His Al
Narrative and Psychotherapy
On Becoming a Person*

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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

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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 book helps psychotherapy therapists and clinical researchers identify the common factors that lead to premature termination, and it presents eight strategies to address these factors and reduce client dropout rates.

The techniques of psychotherapy are often given undue emphasis, slighting the importance of the psychotherapist. Research suggests that the same techniques are differently effective when used by equally trained and supervised therapists. Not only are some therapists more effective, irrespective of the type of therapy they practice, but some, because of their personal qualities, may actually harm those with whom they work. This research reflects the vast importance of the personality of the therapist, evoking the question of how a therapist may develop personhood. Aimed at training as well as practicing psychotherapists--social workers, counselors, psychologists, and psychiatrists--this scholarly exploration of personhood includes

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various models for classifying the types of psychotherapy and the place of personhood in this context, as well as a review of existing theory and research literature on specific personal therapist variables as they relate to therapy outcome. The role of traditional spirituality in the development of personhood is given particular emphasis.

`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

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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

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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. Working at Relational Depth in Counselling and Psychotherapy Individual Counseling and Therapy A Therapy of Contact-in Relationships Theory and Practice of Group Counseling Behavioral, Biological, and Cognitive Foundations of Psychotherapy

Beyond Therapy, Beyond Science

Social Justice Counseling develops a new frontier in multicultural social justice work and is the next step toward alleviating the injustices faced by individuals in society. Addressing issues of social class, race and ethnicity, and more, this book reflects the shift in recent years towards social justice counseling for all mental health professionals. It offers new and unique perspectives supplementing important social justice issues and enhancing the content taught in multicultural courses. The authors are leading authorities on multicultural and social justice counseling and have led the way to create a specialization with a nationally recognized program in multicultural social justice counseling.

Seeking to transfer knowledge across ideological boundaries within a theoretically valid, scientific framework, Beyond the Therapeutic Relationship draws upon and relates existing research from psychotherapy and the allied fields of human behavior. Author Frederic J. Leger has successfully cut across multifarious therapies to create an integrated, high-order theory that unites psychotherapy's disparate forces. In the process, he addresses the theoretical underpinnings of the field of psychotherapy, the paradigm of the therapeutic relationship and its centrality to therapeutic change, the difficulties of creating a "scientific discipline" from

the study of the psyche, and the factionalization of psychology into different competing schools. By exploring universal variables and how they fit into a causal nexus, Beyond the Therapeutic Relationship identifies transtheoretical processes of change that cut across diverse therapies. It also offers heuristic research direction and guidance in eclectic and integrative practice as it broadens the perspective on the psychotherapeutic encounter. Combining physiological, social, and psychological research into a transtheoretical psychodynamic theory, this important text discusses: why the need for paradigmatic direction is urgent bringing nonverbal variables to the therapist's working awareness or focus how a small range of conceptual possibilities limits knowledge of human behavior the lack of efficacy in psychotherapy the psychobiological significance of intensive experiential exploration formation of the "self" through language and discourse integrative eclecticism within transtheoretical and common factors integration Psychologists, psychiatrists, mental health therapists, and academics and students in psychology, psychiatry, and educational psychology now have a text that cuts across the multitude of therapeutic approaches to provide a theory that is empirically supported and grounded in the author's 25 years of clinical practice. As you will see, Beyond the Therapeutic Relationship

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discusses the current position of the field of psychotherapy, where it needs to go, specific strategies for getting there as well as alternative interventions beyond empathy and the therapeutic relationship.

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.

Review'It is in the person-centred approach that [Kaitlyn] has experienced a gate-way into the world of spiritual reality with all its unknowns and challenges. With meticulous care the reader is guided into this terrain with exemplary skill and no little passion. The result is a book which serves as an admirable text for those in training as well as an invaluable resource for seasoned practitioners who are perhaps less familiar with the role of the person-centred therapist as a spiritual companion. Readers will also be inspired by encountering an author who often writes in a style of rare beauty and expresses complex thoughts with exquisite clarity. The pages on 'soul love', for example, constitute one of the finest expositions of this compelling subject that I have ever read. To study this book is in itself to undertake a therapeutic and spiritual pilgrimage which may prove transformative.'From the Foreword by Brian Thorne, Emeritus

Product description At one level, this book is an impassioned plea for the field of counselling and psychotherapy to take more seriously the spiritual dimension of human existence and to 'put the soul back in psychotherapy'. At another level, the book constitutes an in-depth exploration of a spiritually oriented person-centred approach which is based on an integrative therapeutic model called the core self model. The author traces the journey of the self through the stages of life and looks afresh at the process of becoming a person that Carl Rogers first described over fifty years ago. In so doing she draws not only on humanistic person-centred theory and practice, but also on the truths to be found in the world's major spiritual traditions. Finally, on a more practical level, she considers what it might mean to be a spiritually oriented person-centred therapist and discusses the key principles involved in working effectively with the kind of spiritual issues clients may bring to therapy. She also explores the concept of 'soul work' and considers how this might be incorporated into person-centred therapeutic practice.

Journey & Substance

Premature Termination in Psychotherapy

Counselling Psychology Contributions to Therapeutic and Social Issues

Assessment and Case Formulation in Counselling and Psychotherapy

Research and Theory

The Person of the Therapist

Individual Counseling and Therapy, 3rd edition, goes beyond the typical counseling textbook to teach the language of therapy from the basic to the advanced. Lucidly written and engaging, this text integrates theory and practice with richly illustrated, real-life case examples and dialogues that demystify the counseling process. Readers will learn how to use winning skills and techniques tailored to serve clients—from intake to problem exploration, awareness raising, problem resolution, and termination. Students have much to gain from the text's depth, insights, candor, and practicality—and less to be befuddled by while they develop their therapeutic voice for clinical practice. PowerPoints, chapter test questions, and an instructor's manual are available for download.

This unique text is the first to provide an introduction to the theory and practice of the major theories of psychotherapy and, at the same time, illustrate how these approaches are dealing with the ever-increasing diversity of today's clients. Frew and Spiegler have assembled the leading contemporary authorities on each theory to offer an insider's perspective that includes exposure to the style and language used by adherents of the approach, which is not available in any other text. The history of each

approach and the latest, cutting-edge theory and practice are integrated with an emphasis on an awareness of the needs of diverse non-majority clients, creating a comprehensive, practical, and invaluable text for any counseling theories course. The major psychotherapeutic approaches are presented in roughly the chronological order in which they were developed, and each chapter follows the same basic format to ensure consistency throughout the text. Along with traditional theories, there are chapters on reality therapy, feminist therapy, and narrative therapy, and the chapter on ethics includes multicultural and feminist perspectives. Each chapter includes: the origin and evolution of the theory theoretical foundations and how the theory is manifested in practice an evaluation of the evidence for the theory's success, limitations, blind spots, and challenges "The Author's Journey," in which authors describe what lead them to adopt their approach and how their own practice has evolved over time multicultural competencies and their importance in the context of the theory. Resources are available online for instructors to supplement the material in the text and include a test bank and PowerPoint lecture slides. This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counselling practice. Now in its second edition, this step-

by-step guide takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person-centred principles. Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions. Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well, this new edition contains new chapters - 'Debates and Developments in Practice' and 'Edgy and Ethical Issues'. This book is an ideal introduction for beginners and for more experienced therapists who want to extend their range. Janet Tolan is a Consultant and Private Practitioner in Manchester. She has worked extensively in education and training, most recently as leader of the Counselling and Psychotherapy Masters programme at Liverpool John Moores University. This is a thorough and well-structured piece of work, which brings in the recent work of excellent authorities such as Barbara Ingram. It is well arranged, with many examples and case vignettes, which bring the material to life in an engaging way. I enjoyed reading it, and would recommend it unreservedly.' John Rowan, humanistic therapist, private practice 'This is a must-read book for students on courses in counselling, psychotherapy,

clinical psychology and psychiatry.' Heather Fowlie, Head of the Transactional Analysis Department, Metanoia Institute, London Conducting a competent assessment and case formulation can be a daunting task for trainee therapists engaging in clinical assessment for the first time. This book is designed to help, by unpicking the many aspects involved in assessment and case formulation across modalities, practice settings and client groups. The book: · Explores key elements of clinical assessment including diagnosis, risk assessment, ethical considerations and accounting for difference. · Highlights the necessary skills, techniques and legal requirements at each stage of the process. · Takes into account the impact of culture, context and theoretical and practical considerations. · Uses case studies and reflective questions to illustrate difficult concepts in context. Equipping you with the knowledge and tools to make successful assessments and case formulations, this is an essential read for trainees and for qualified practitioners wishing to brush up on their understanding. Dr Biljana van Rijn, Faculty Head of Applied Research and Clinical Practice, Metanoia Institute.

***Person-centred Dialogues
Real-Life Ethical Decision Making
One Small Step***

Couple Counselling

The Next Steps Beyond Multiculturalism

Sacred Space

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, 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. The third edition is an invaluable resource for practitioners, both those specialising in working with alcohol misusers and those who encounter problem drinkers in the context of a more general counselling practice.

Counselling the Person Beyond the Alcohol Problem Jessica Kingsley Publishers
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

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discipline of counselling psychology that addresses the notion of human wellbeing and critiques the concept of 'psychopathology' Includes an assessment of the contribution counselling psychology makes to understanding people as individuals, in their working lives and in wider social domains Offers an overview of counselling psychology's contribution beyond the consulting room, including practices in the domain of spirituality, the arts and creative media, and the environmental movement Critiques contemporary challenges for research as well as the role that research methods have in responding to questions about humanity and individual experience

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.

Sharing the Journey

Counselling for Eating Disorders in Men

A Practical Guide

Beyond the Therapeutic Relationship

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy

Counselling for Alcohol Problems

'A densely packed book with interesting and valuable research gleaned from a wide variety of therapy approaches, Narrative and Psychotherapy

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furnishes the reader with a cogent historical appraisal of the way psychotherapy, culture and storytelling fit together.... A good reference book for counsellors and students.... The authors' students, and clients, must be very happy that he has the interest and the capacity to tune in to others in such a fresh manner' - Counselling, The Journal of the British Association for Counselling

The core of psychotherapy can be seen as a process in which the client comes to tell, and then re-author, an individual life-story or personal narrative. The author of this book argues that all therapies are, therefore, narrative therapies, and that the counselling experience can be understood in terms of telling and retelling stories. If the story is not heard, then the therapist and the client are deprived of the most effective and mutually involving mode of discourse open to them. Taking a narrative approach also requires thinking about the nature of truth, the concept of the person, the relationship between therapist and client, and the knowledge base of psychotherapy. John McLeod examines the role and significance of stories in psychotherapy from within a broad-based cultural and theoretical framework.

'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

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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.

Many counselors learn about ethics in graduate school by applying formal, step-by-step ethical decision-making models that require counselors to be aware of their values and refrain from imposing personal values that might harm clients. However, in the real world, counselors often make split-second ethical decisions based upon personal values. Values and Ethics in Counseling illustrates the ways in which ethical decisions are values—but

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more than that, it guides counselors through the process of examining their own values and analyzing how these values impact ethical decision making. Each chapter presents ethical decision making as what it is: a very personal, values-laden process, one that is most effectively illustrated through the real-life stories of counselors at various stages of professional development—from interns to seasoned clinicians—who made value-based decisions. Each story is followed by commentary from the author as well as analysis from the editors to contextualize the material and encourage reflection.

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.

Counsellors in Health Settings

Contemporary Psychotherapies for a Diverse World

Carl Rogers' Helping System

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Beyond Empathy

Workplace Counselling in the NHS

The Mystical Power of Person-Centred Therapy

Applicable at many levels - the personal, professional, scientific, political, and philosophical - *Beyond Therapy, Beyond Science* offers not only a method but also a process for evolving solutions in a world constrained by the scientific worldview. With *Beyond Therapy, Beyond Science* Schaefer again shows herself to be one of the most creative thinkers of our time, taking a field she has loved - psychotherapy - and using it as a springboard for rethinking ourselves and our world. A crucial work by a trenchant thinker, *Beyond Therapy, Beyond Science* will inspire thought, ignite controversy, and, most importantly, facilitate healing.

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

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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 that of 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.

Take Control of Your Life with Self-Help Techniques from
EMDR Therapy

Getting Past Your Past

Hope Beyond Despair

Moving Beyond Individualism in Pastoral Care and Counseling

Developing Person-Centred Counselling

Person-Centred Dialogues