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Person-Centred Counselling - A Brief Introduction

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In Person-Centered Psychotherapies, David J. Cain discusses the history, theory, research and practice of this seminal approach whose basic premises have influenced the practice of most therapeutic systems. Person-centered therapy, also called client-centered therapy, was created by Carl Rogers almost 70 years ago.

Person-centered Psychotherapies (Theories of Psychotherapy ...

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INTRODUCTION Since the 1970s, the field of person-centered therapy has witnessed increasing differenti

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Person-centered therapy: A pluralistic perspective — Mick ...

in the person-centered therapeutic relationship involves both client and therapist encountering each other where both experience congruently, to varying degree, unconditional acceptance and empathy. In meeting each other mutually, the therapist's focus remains centered on the client's moment to moment experiencing in the session.

Person-Centered & Experiential Psychotherapies

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Mission statement. Person-Centered and Experiential Psychotherapies seeks to create a dialogue among different parts of the person-centered and experiential tradition, to support, inform, and challenge each other and to stimulate their creativity and impact in a broader professional, scientific and political context. The mission of the journal is thus to encourage, and disseminate worldwide, new work on person-centered and experiential therapies, including philosophy, theory, practice ...

PCEP Journal

Person-Centered Psychotherapies, by David Cain, is an essential primer on client-centered non-directive therapy. Building on the extensive body of work contributed by Carl Rogers, Cain explicates the necessary and sufficient conditions for therapeutic personality change in layman's language and illustrates their applications through brief therapy session examples.

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In this book, David J. Cain presents and explores person-centered psychotherapy, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary developments that have refined theory and expanded how it may be

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Practitioners such as Margaret Warner, Gary Prouty and, more recently, Kirshen Rundle have developed person-centred theory to describe phenomena and processes in a way that respects the individual. This understanding – for example of fragile process, dissociative process and pre-therapy – can enable practitioners to work with extremes of distress and disturbance.

What is the Person-Centred Approach?

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The home-page of the World Association for Person Centered & Experiential Psychotherapy & Counselling. Here you will find information about person-centered and experiential psychotherapies, how to become a member of the organisation, our biennial conferences, and the PCEP Journal, now also accessible online to members.

World Association for Person Centered & Experiential ...

Person-centered therapy uses a non-authoritative approach that allows clients to take more of a lead in discussions so that, in the process, they will discover their own solutions. The therapist ...

Person-Centered Therapy | Psychology Today

AB - Anxiety difficulties are an increasingly important focus for person-centered/experiential (PCE) psychotherapies. I begin by reviewing person-centered, focusing-oriented, and emotion-focused therapy (EFT) theories of anxiety.

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