Person-centred counselling

View Online

146 items

Initial Reading List (95 items)

Read before course begins (11 items)

Person-centred counselling in action, by Dave Mearns; Brian Thorne; John McLeod, 2013
Book | Core Reading

The first book on person-centred counselling written by British authors for world-wide distribution, and indeed the first fundamental textbook on person-centred counselling since Rogers Client-Centered Therapy in 1951. This is a profoundly practical book packed with illustrations from counselling practice. It has been widely acclaimed and re-printed many times since its original publication in 1988. The fourth edition contains new material and updated references.

Person-centred therapy: the focusing-oriented approach, by Campbell Purton, 2004
Book | Core Reading

On becoming a person: a therapist's view of psychotherapy, by Carl R. Rogers, 1961
Book | Core Reading

Perhaps the most famous and influential of all Rogers' books. It is a much more personal book than Client Centered Therapy and tackles some of the fundamental issues underlying the concept of growth and self actualization. It is also a moving account of psychotherapy through the experiencing of the therapist.

Dibs, in search of self: personality development in play therapy, by Virginia Mae Axline, 1971
Book | Core Reading

Dibs is a child, Virginia Axline the child psychotherapist. This is the remarkable story of a person-centred practitioner and play therapist whose work demonstrates beyond all doubt the fallacy of the belief that person-centred therapy is suitable only for articulate, middle-class adults. It is a very moving book.

Carl Rogers, by Brian Thorne, 1992
Book | Core Reading

This accessible book offers unique insights into Rogers' own life and development, together with a clear exposition of his major theoretical ideas. A further feature is a detailed exploration of Rogers' actual way of working with clients as it has been recorded on audio-tape and film.

The book also presents the controversial view that Rogers' profound influences on the development of counselling and psychotherapy throughout the world may owe much to the fact that he is a twentieth century 'secular' representative of a spiritual tradition that goes back centuries.

Person-centred counselling training, by Dave Mearns, 1997
Book | Core Reading

This is a highly readable and comprehensive exploration of person-centred training by the Director of the Counselling Unit at Strathclyde University. Dave Mearns knows the subject inside-out and his book will throw shafts of illumination on the counselling training experience you will have at UEA.

Carl Roger's helping system: journey and substance, by Godfrey T. Barrett-Lennard, 1998
Book | Further Reading

This is a monumental book which will undoubtedly become a classic. Barrett-Lennard charts the development of the person-centred approach from its early beginnings to the present day. You will find almost everything here including the prevailing historical, social and political backgrounds against which the approach has evolved.

Person-centred therapy: a revolutionary paradigm, by Jerold D. Bozarth, 1998
Book | Further Reading

Beyond Carl Rogers, by David Brazier, 1993
Book | Further Reading

A group of the most innovative therapists in the tradition of Rogers have written a series of compelling essays, exploring new directions in therapeutic practice. The book is full of practical and theoretical insights and challenges.

Practicing client-centered therapy: selected writings of Barbara Temaner Brodley, by Barbara Temaner Brodley; Kathryn A. Moon, 2011
Book | Further Reading

Experiences of person-centred counselling training, by Laura Buchanan; Rick Hughes, 2000
Book | Further Reading

Classics in the person-centered approach, by David J. Cain, 2002
Book | Further Reading

The handbook of person-centred psychotherapy & counselling, edited by Mick Cooper, 2013
Book | Further Reading

Handbook of individual therapy, by Windy Dryden, 2007
Book | Further Reading

A recently updated book which attempts to compare and contrast different approaches to therapy currently practised in Britain. Each chapter author (a leading practitioner of the particular approach described) has been required to write to the same format and to explore the same issues. The result is a most successful exercise in comparative

analysis. Brian Thorne contributes the chapter on person centred therapy.

Women writing in the person-centred approach, by Irene Fairhurst, 1999
Book | Further Reading

The psychotherapy of Carl Rogers: cases and commentary, by Barry A. Farber; Debora Brink; Patricia M. Raskin, 1996
Book | Further Reading

Humanising psychiatry and mental health care: the challenge of the person-centred approach, by Rachel Freeth, 2007
Book | Further Reading

Family, self and psychotherapy: a person-centred perspective, by Ned L. Gaylin, 2001
Book | Further Reading

Why love matters: how affection shapes a baby's brain, by Sue Gerhardt, 2015
Book | Further Reading

Person-centred counselling psychology: an introduction, by Ewan Gillon, 2007
Book | Further Reading

Implausible professions: arguments for pluralism and autonomy in psychotherapy and counselling, by Richard House; Nick Totton, 2011
Book | Further Reading

Person-centred psychopathology: a positive psychology of mental health, by Stephen Joseph; Richard Worsley, 2005
Book | Further Reading

Idiosyncratic person-centered therapy: from the personal to the universal, by Suzanne Keys, 2003
Book | Further Reading

Carl Rogers: dialogues: conversations with Martin Buber, Paul Tillich, B. F. Skinner, Gregory Bateson, Michael Polanyi, Rollo May, and others, by Valerie Land Henderson; Howard Kirschenbaum, 1990
Book | Further Reading

This book consists of seven remarkable conversations between Carl Rogers and some of the great minds in philosophy and psychology. Included are discussions with Martin Buber, Paul Tillich, B F Skinner, Michael Polanyi and Gregory Bateson. There is also extended consideration of Rheinhold Niebuhr's The self and the dramas of history and an exchange between Rollo May and Rogers edited and published. The various dialogues overlap in interesting ways and explore a whole range of issues - the meaning of life and religion, the nature of knowledge, humanising and dehumanising, the healing relationship and the problem of evil.

The Carl Rogers reader, by Carl R. Rogers; Valerie Land Henderson; Howard Kirschenbaum, 1990
Book | Further Reading

This is a superb collection of Rogers' major writings and includes many articles from the later years as well as extracts from the well-known pioneering works. There are significant sections on therapy, personal growth, education, science, philosophy and social issues. Howard Kirschenbaum was Rogers' biographer and Valerie Henderson one of his closest associates.

The life and work of Carl Rogers, by Howard Kirschenbaum, 2007
Book | Further Reading

Experiences in relatedness: groupwork and the person-centred approach, by Colin Lago; Mhairi MacMillan, 1999
Book | Further Reading

The handbook of transcultural counselling and psychotherapy, by Colin Lago, 2011
Book | Further Reading

Client-centered therapy and the person-centred approach: new directions in theory, research, and practice, by Ronald F. Levant; John M. Shlien, 1987
Book | Further Reading

A very expensive book which might be best obtained through inter-library loan, though there is now a 1987 paperback edition which is not quite so expensive. Its significance lies in the fact that it gathers together thinking from all realms of the person-centred approach including person-centred counselling, research and management.

Embracing non-directivity: reassessing person-centred theory and practice for the 21st century, by Brian E. Levitt, 2005
Book | Further Reading

The person-centred approach to therapeutic change, by Michael McMillan, 2004
Book | Further Reading

An introduction to counselling, by John McLeod, 2013
Book | Further Reading

Experiences of counselling in action, by Dave Mearns; Windy Dryden, 1990
Book | Further Reading

This book makes compulsive reading. Central to it are the personal accounts of individual clients and counsellors who each relate their own very different experiences of counselling. They explore such issues as identity, expectations, trust, power and boundaries. Each examines, too, the intensive personal meanings of 'success' or 'failure' in the client or counsellor role. It is a very moving book.

Developing person-centred counselling, by Dave Mearns, 2003
Book | Further Reading

Person-centred therapy today: new frontiers in theory and practice, by Dave Mearns; Brian Thorne, 2000
Book | Further Reading

This book contains much new thinking on the approach. It also addresses many of the

issues presently confronting the psychotherapy and counselling profession as it evolves.

Working at relational depth in counselling and psychotherapy, by Dave Mearns; Mick Cooper, 2005
Book | Further Reading

Learning and being in person-centred counselling, by Tony Merry, 2002
Book | Further Reading

Invitation to person-centred psychology, by Tony Merry, 2006
Book | Further Reading

This book offers a brief introduction to the person-centred view of human development and explores how the approach can be applied in education and other social contexts.

Person-centred practice: The BAPCA reader, by Tony Merry, 2000
Book | Further Reading

This is a collection of papers published during the past 7 years in the journal of the British Association for the Person-Centred Approach (BAPCA). It is full of fascinating contributions to both theory and practice. Judy Moore features among the contributors as does Suzanne Keys, a former member of the Diploma Course.

Carl Rogers counsels a Black client: race and culture in client-centered counselling, by Roy Moodley; Colin Lago; Anissa Talahite, 2004
Book | Further Reading

The person-centred approach: a passionate presence, by Peggy Natiello, 2001
Book | Further Reading

This is an intensely personal and moving book which covers many different aspects of person-centred work from the perspective of a distinguished American practitioner who is never afraid to be her own person. It makes admirable reading for someone on the threshold of training.

Counselling couples and families: a person-centered approach, by Charles J. O'Leary, 1999
Book | Further Reading

Understanding psychotherapy: fifty years of client-centred theory and practice, by C. H. Patterson, 2000
Book | Further Reading

Person-centred practice at the difficult edge, edited by Peter Pearce; Lisbeth Sommerbeck, 2014
Book | Further Reading

The dynamics of power in counselling and psychotherapy: ethics, politics and practice, by Gillian Proctor, 2002
Book | Further Reading

Politicizing the person-centred approach: an agenda for social change, by Gillian Proctor, 2006

Book | Further Reading

Contributions to client-centered therapy and the person-centered approach, by Nathaniel J. Raskin, 2004

Book | Further Reading

Client-centered therapy: its current practice, implications and theory, by Carl R. Rogers, 2003 [1951]

Book | Further Reading

The first major attempt by Rogers to describe his approach in detail. It draws extensively on interview material and much of it is as valid today as when it was first written. It contains the famous nineteen propositions.

Encounter groups, by Carl R. Rogers, 1985, [1970]

Book | Further Reading

An excellent and very personal introduction to person-centred group work and especially to the process of the encounter group. Of particular interest is Rogers' exploration of the qualities required of a group facilitator and his discussion of the processes of change undergone by those who participate in encounter groups. This book offers an excellent preparation for those who have not previously been involved in person-centred contexts.

Person to person: the problem of being human, a new trend in psychology, by Carl R. Rogers; Barry Stevens, 1973

Book | Further Reading

The authorship of this book involves a unique collaboration between Carl Rogers and Barry Stevens (a woman) who is a writer and a living example of the humanistic approach to life. The book is built around seven papers which all start out from the assumption that the subjective human being has an importance and a value which is fundamental. The papers cover a variety of topics (including "abnormal" people and behaviour) but all are essentially about persons and the way through to empathic understanding. There are also contributions from Eugene Gendlin, John Shlien and Wilson Van Dusen.

The tribes of the person-centred nation: an introduction to the schools of therapy related to the person-centred approach, by Pete Sanders, 2012

Book | Further Reading

Person-centred therapy theory and practice in the 21st century, by P. Sanders, 2013

Book | Further Reading

Counselling for depression : a person-centred and experiential approach to practice, by Sanders, 2014

Book | Further Reading

To lead an honorable life: invitations to think about client-centred therapy and the person-centred approach : a collection of the work of John M. Shlien, by John M. Shlien, 2003

Book | Further Reading

Person-centred therapy with children and young people, by David Smyth, 2013

Book | Further Reading

The client-centred therapist in psychiatric contexts: a therapists' guide to the psychiatric landscape and its inhabitants, by Lisbeth Sommerbeck, 2003
Book | Further Reading

Counselling: interdisciplinary perspectives, by Brian Thorne; Windy Dryden, 1993
Book | Further Reading

This book aims to demonstrate how great a tragedy it would be if counselling were to become the exclusive province of psychologists or medical practitioners. By inviting contributions from counsellors from a wide variety of backgrounds and academic disciplines the editors seek to show that "interdisciplinary perspectives" enrich and illustrate the practice of counselling and are indeed essential to those who are audacious enough to confront the complex mystery of human personality. There are chapters by Judy Moore and Campbell Purton of the Centre for Counselling Studies.

Person-centred therapy: a European perspective, by Brian Thorne; Elke Lambers, 1998
Book | Further Reading

This book makes available for the first time in English some of the most significant theoretical ideas and practical applications of a distinguished group of contributors at the cutting edge of the approach. The book includes chapters by Brian Thorne, Judy Moore, Sarah Hawtin and Campbell Purton - all members of the UEA Centre for Counselling Studies.

The person-centred approach: a contemporary introduction, by Louise Embleton Tudor, 2004
Book | Further Reading

Brief person-centred therapies, by Keith Tudor, 2008
Book | Further Reading

Dictionary of person-centred psychology, by Keith Tudor; Tony Merry, 2006
Book | Further Reading

Person-centred practice: case studies in positive psychology, by Richard Worsley; Stephen Joseph, 2007
Book | Further Reading

Process work in person-centred therapy, by Richard Worsley, 2009
Book | Further Reading

Person-centred therapy in focus, by Paul Wilkins, 2003
Book | Further Reading

Unconditional positive regard (Rogers' therapeutic conditions), by Jerold D. Bozarth; Paul Wilkins, 2001
Book | Further Reading

These four volumes look at Rogers' therapeutic conditions in depth through a series of essays by distinguished practitioners within the person-centred approach.

Empathy (Rogers' therapeutic conditions), by Sheila Haugh; Tony Merry, 2001
Book | Further Reading

These four volumes look at Rogers' therapeutic conditions in depth through a series of essays by distinguished practitioners within the person-centred approach.

Congruence (Rogers' therapeutic conditions), by Gill Wyatt, 2001
Book | Further Reading

These four volumes look at Rogers' therapeutic conditions in depth through a series of essays by distinguished practitioners within the person-centred approach.

Contact and perception (Rogers' therapeutic conditions), by Gill Wyatt; Pete Sanders, 2002
Book | Further Reading

These four volumes look at Rogers' therapeutic conditions in depth through a series of essays by distinguished practitioners within the person-centred approach.

Love's executioner and other tales of psychotherapy, by Irvin D. Yalom, 2012
Book | Further Reading

The gift of therapy: reflections on being a therapist, by Irvin D. Yalom, 2001
Book | Further Reading

Focusing and Experiential Approaches (6 items)

Focusing, by Eugene T. Gendlin, 1981
Book | Further Reading

Eugene Gendlin was a close associate of Carl Rogers. This very readable book, which has sold nearly half a million copies, is, in effect, about the application of the core conditions to oneself - a profoundly therapeutic process which is central to person-centred therapy. A new British edition of the book is to be published by Random House Press in August 2003.

Focusing-oriented psychotherapy: a manual of the experiential method, by Eugene T. Gendlin, 1996
Book | Further Reading

This book examines the moment-to-moment process of therapy, the ongoing client-therapist relationship, and the ways in which the therapist's responses can stimulate and enable a client's capacity for direct experience and 'focusing'.

Person-centred counselling: an experiential approach, by David L. Rennie, 1998
Book | Further Reading

This book contains powerful new ideas about person-centred theory and practice. Supported by intensive qualitative research into the client's experience of counselling, the book highlights the significance and pervasiveness of reflexivity and explores surprising ways in which clients contribute reflexively to the counselling process.

Research (7 items)

Essential research findings in counselling and psychotherapy: the facts are friendly, by Mick Cooper, 2008
Book | Further Reading

Person-centered and experiential therapies work: a review of the research on counseling, psychotherapy and related practices, by Mick Cooper, 2010
Book | Further Reading

Qualitative research in counselling and psychotherapy, by John McLeod, 2011
Book | Further Reading

Doing research in counselling and psychotherapy, by John McLeod, 2015
Book | Further Reading

An introduction to counselling and psychotherapy research, by John McLeod, 2013
Book | Further Reading

Heuristic research: design, methodology, and applications, by Clark E. Moustakas, 1990
Book | Further Reading

'The Theory and Experience of Person-Centred Research' [in] Client-centered and experiential psychotherapy in the 21st century: advances in theory, research and practice - in Client-centered and experiential psychotherapy in the 21st century: advances in theory, research and practice, by P. Wilkins; Z. Mitchell-Williams, 2002
Chapter | Further Reading

Spirituality (14 items)

Integrating spirituality in counseling: a manual for using the experiential focusing method, by Elfie Hinterkopf, 2008
Book | Further Reading

Spirituality and psychotherapy, by Simon King-Spooner; Craig Newnes, 2001
Book | Further Reading

Physicians of the soul: the psychologies of the world's great spiritual teachers, by Robert M. May, 2003
Book | Further Reading

This book focuses on the search for the self among the central spiritual teachings of the world. The author devotes a chapter each to the life and teachings of Lao Tzu (Taoism), Moses (Judaism), Jesus (Christianity), Gotama (Buddhism), Krishna (Hinduism), and Mohammed (Islam). Within each chapter, he carefully unpacks the seminal teachings of each master and adds his own experience of each tradition. In addition, he interprets all the doctrines allegorically so that the reader learns how each doctrine applies to the search for the self.

Spirituality and counselling: experiential and theoretical perspectives, by Judy Moore; Campbell Purton, 2006

Book | Further Reading

Person-centred counselling and Christian spirituality: the secular and the holy, by Brian Thorne, 1998
Book | Further Reading

This is the second volume of Brian Thorne's "collected works" which contains a wealth of material illustrating his dual allegiance to the person-centred community and the liberal catholic wing of the Anglican Church. The first volume: Person-centred Counselling : Therapeutic and spiritual dimensions (also published by Whurr in 1991) is a similar collection of chapters and articles and has proved sufficiently popular to have been re-printed six times since publication.

The mystical power of person-centred therapy: hope beyond despair, by Brian Thorne, 2002
Book | Further Reading

In this book Brian Thorne reflects on person-centred therapy as an essentially spiritual discipline. Brian writes from a Christian perspective, but suggests that the contemplative traditions in all religions have surprisingly close connections with the person-centred approach to therapy.

Counselling and spiritual accompaniment: bridging faith and person-centred therapy, by Brian Thorne, 2012
Book | Further Reading

In search of Julian of Norwich, by Sheila Upjohn, 2007
Book | Further Reading

This is a kind of spiritual detective story. Who was Julian? Why has she suddenly become so famous? This fascinating illustrated exploration of Julian's world – her city, her century and her remarkable book – the first written by a woman in English – uncovers the clues to the exciting mystery that is Julian. The book also indicates the relevance of Julian's teachings to the therapeutic journey.

Psychotherapy and spirituality: crossing the line between therapy and religion, by William West, 2000
Book | Further Reading

Spiritual issues in therapy: relating experience to practice, by William West, 2004
Book | Further Reading

Supervision (4 items)

Person-centred counselling supervision: personal and professional, by Richard Bryant-Jefferies, 2005
Book | Further Reading

Training and supervision for counselling in action, by Windy Dryden; Brian Thorne, 1991
Book | Further Reading

This book attempts to explore what is involved in the training and supervision of counsellors. It draws on the experience of numerous practitioners and, besides offering important theoretical considerations, conveys the excitement (and the confusion) of being a trainer or trainee, a supervisor or a supervisee. There are several contributions from PCT trainers and erstwhile trainees although the book is not solely concerned with the person-centred tradition.

Freedom to practise: person-centred approaches to supervision, by Keith Tudor; Mike Worrall, 2004
Book | Further Reading

Scans (20 items)

Chapter 11 - 'Controlled bodies, controlled eating: the treatment of eating distress' [in] This is madness too: critical perspectives on mental health services - in This is madness too: critical perspectives on mental health services, by V. Lewis; S. Cureton, 2005, c2001
Chapter

Depressed process : a person-centred view of depression [in] Person-centred practice. - in Person-centred practice., by British Association for the Person-Centred Approach.; Barbara Rowland, 2002
Article

Counselling for depression [in] The tribes of the person-centred nation: an introduction to the schools of therapy related to the person-centred approach - in The tribes of the person-centred nation: an introduction to the schools of therapy related to the person-centred approach, by Andy Hill, 2012
Chapter

Chapter 12: Healing the wounds of sexism for men and women [in] The person-centred approach: a passionate presence - in The person-centred approach: a passionate presence , 2001
Chapter

The Necessary and Sufficient Conditions of Therapeutic Personality Change [in] The Carl Rogers reader - in The Carl Rogers reader, 1990
Chapter

Chapter 2 - The process of the encounter group [in] Encounter groups - in Encounter groups, 1985, c1970
Chapter

Chapter 4 - The issue of sudden death [in] Living with death and dying - in Living with death and dying, 2001
Chapter

Chapter 11 - Client-centred therapy [in] Psychotherapist's casebook - in Psychotherapist's casebook, by Carl R. Rogers, 1986
Chapter

Group Therapy and Encounter Groups (Chapter 8) [in] The handbook of person-centred

psychotherapy and counselling - in The handbook of person-centred psychotherapy and counselling, by P. Schmid; M. O'Hara, 2007
Chapter

The person-centred approach to large groups [in] Person-centred counselling: therapeutic and spiritual dimensions - in Person-centred counselling: therapeutic and spiritual dimensions, 1991
Chapter

Group work in client-centred counsellor training [in] Experiences in relatedness: groupwork and the person-centred approach - in Experiences in relatedness: groupwork and the person-centred approach, by I. Fairhurst; T. Merry, 1999
Chapter

Chapter 14 - 'This is therapy : a person-centred critique of the contemporary psychiatric system' [in] This is madness too: critical perspectives on mental health services - in This is madness too: critical perspectives on mental health services, by P. Sanders; K. Tudor, 2005, c2001
Chapter

Patients diagnosed with psychotic depression [in] The client-centred therapist in psychiatric contexts: a therapists' guide to the psychiatric landscape and its inhabitants - in The client-centred therapist in psychiatric contexts: a therapists' guide to the psychiatric landscape and its inhabitants, 2003
Chapter

Experiential groups for discovery learning: deciphering the process [in] Steps on a mindful journey: person-centred expressions - in Steps on a mindful journey: person-centred expressions, 2003
Chapter

Extract from chapter 14 which includes "An explanation of postnatal depression from the person-centred theoretical perspective " [in] Person-centred psychopathology: a positive psychology of mental health - in Person-centred psychopathology: a positive psychology of mental health, by E. Catterall, 2005
Chapter

Supervision (Chapter 9) [in] Learning and being in person-centred counselling - in Learning and being in person-centred counselling, 2002
Chapter

Chapter 5: 'Abnormal Grief Reactions: complicated Mourning' [in] Grief counselling and grief therapy: a handbook for the mental health practitioner - in Grief counselling and grief therapy: a handbook for the mental health practitioner, 2010, c2009
Chapter

Chapter 25 - The person-centred perspective on psychopathology: the neurotic client [in] Developing person-centred counselling - in Developing person-centred counselling, by E. Lambers, 2003 [i.e. 2002
Chapter

Group encounter and therapy [in] Carl Roger's helping system: journey and substance - in

Carl Roger's helping system: journey and substance, 1998
Chapter

Chapter 8 - 'Person-centred therapy at the difficult edge : a developmentally based model of fragile and dissociated process' [in] Person-centred therapy today: new frontiers in theory and practice - in Person-centred therapy today: new frontiers in theory and practice , 2000
Chapter