



Person-Centred Therapy: 100 Key Points

Paul Wilkins

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Person-centred therapy, rooted in the experience and ideas of the eminent psychotherapist Carl Rogers, is widely practised in the UK and throughout the world. It has applications in health and social care, the voluntary sector and is relevant to work with people who are severely mentally and emotionally distressed. As well as being a valuable sourcebook and offering a comprehensive overview, this edition includes updated references and a new section on recent developments and advances.

The book begins with a consideration of the principles and philosophy underpinning person-centred therapy before moving to a comprehensive discussion of the classical theory upon which practice is based. Further areas of discussion include:

The model of the person, including the origins of mental and emotional distress

The process of constructive change

A review of revisions of and additions to person-centred theory

Child development, styles of processing and configurations of self

The quality of presence and working at relational depth

Criticisms of the approach are addressed and rebutted and the application of theory to practice is discussed. The new final section is concerned with advances and developments in theory and practice including:

Counselling for Depression

The Social Dimension to Person-Centred Therapy

Person-Centred Practice with People experiencing Severe and Enduring Distress and at the 'Difficult Edge'

A Review of Research

Throughout the book, attention is drawn to the wider person-centred literature to which it is a valuable key.

Person-Centred Therapy will be of particular use to students, scholars and practitioners of person-centred therapy as well as to anyone who wants to know more about one of the major psychotherapeutic modalities.

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