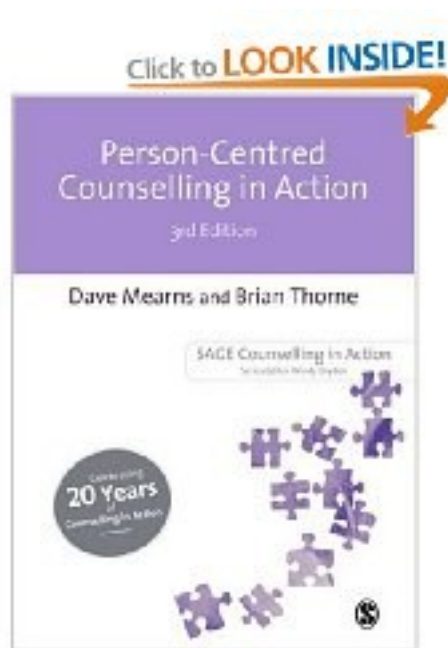


Person-centred Counselling in Action



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Praise for previous editions: 'An important book...a most sophisticated text. Mearns and Thorne have written a book for all counsellors and psychotherapists. The reader will be left both grateful and hungry for more' - British Journal of Guidance and Counselling 'The discussion of empathy, acceptance and congruence is central and should be required reading for all trainees working to understand the richness of these core concepts...outstanding' - Counselling and Psychotherapy, The Journal of the British Association for Counselling and Psychotherapy 'Without doubt the clearest description of the person-centred approach to counselling that I have read, apart from Carl Rogers' own writings. I felt that I had got to know both Dave Mearns and Brian Thorne through their offering the reader their own congruence and I found this aspect of the book at times quite moving' - Social Work Today 'Gives real insight into

person-centred counselling...This is a gentle book; an absolute delight to read (I couldn't put it down) as it held me in the realm of my own feelings. I would like to thank both authors for sharing so much of their intimate selves. I recommend this book to trainee counsellors, trained counsellors, clients and those involved in the helping professions. It is a book that has influenced me and that I would not want to be without' - BPS Counselling Psychology Review 'Excellent "all rounder" for practitioners to learn and build upon counselling skills with young offenders' - lecturer, Guidance, Youth and Youth Justice, Nottingham Trent University 'An excellent text. Student friendly and covering all main issues' - lecturer, Psychology Swansea Institute of HE 'Stimulates a re-exploration of the doctor-patient relationship' - British Medical Journal 'I felt understood by this book!' - Ann Weiser, PCA Letter Network 'This book could very sensibly be placed on the reading lists of all counselling trainers and trainees...this is the most informative and useful book I have read in a long time and I have no doubt that if Carl Rogers were still alive today, he would not only agree but also acknowledge experiencing some envy' - Changes 'The skilful conveying of tenderness and building of trust are well explained and described with lots of case study examples' - Guidance Matters 'Excellent book - a useful and practical way to underpin current emphasis on humanism in nursing' - lecturer, West London NHS Mental Health Trust 'Continues to be an excellent, easy introduction but with depth. Deserves to be a bestseller!' - lecturer, Preston College 'The book conveys the profound respect for the person, for his/her autonomy and uniqueness, which is inherent in the Rogerian approach' - British Journal of Medical Psychology 'A marvelous book; highly recommended. Someone has finally written an easily accessible book about the theory and practice - mostly practice - of the kind of therapy that makes the most sense to many focusers. Hurrah!' - The Focusing Connection 'Truly allows the reader to enter the world of the person-centered counsellor' - Contemporary Psychology 'Person Centred Counselling in Action, written by Dave Mearns and Brian Thorne was originally published in 1988 about a year after the death of Carl Rogers. It has helped to maintain and stimulate interest in this approach and has become a best-seller in the Counselling in Action series' - The Journal of Critical Psychology, Counselling and Psychotherapy It is now almost twenty years since the first edition of Person-Centred Counselling in Action appeared. In that time this SAGE bestseller has maintained enormous popularity with trainees and practitioners and has achieved world-wide acclaim. This substantially revised Third Edition provides an excellent introduction to the theory and practice of person-centred counselling while incorporating exciting new developments in the approach. Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors. At the same time they provoke reflection on many of the key issues which concern not only person-centred practitioners but those across the whole counselling and psychotherapy field. New to this edition is: - the inclusion of "relational depth", a key development for the person-centred approach and counselling generally - extended discussion of the counsellor's use of self - a new chapter containing the authors' answers to frequently-asked-questions - the inclusion of diversity issues covering religion, gender and sexual orientation - further reading suggestions. Much has changed in the person-centred orientation since the death of Carl Rogers in 1987. Not only have new schools of thought emerged with different emphases and therapeutic possibilities but the authors of this book have themselves been responsible for significant advances in key areas of person-centred theory and practice. These developments are fully reflected in the revised text. Continuing to offer a clear exposition of the theory and practice of the approach, Person-Centred Counselling in Action, Third Edition will be invaluable for those embarking on their first stages of training. Well-established practitioners and even seasoned scholars will continue to find much to interest and stimulate them.

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