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Autore	Wilkins Paul <1946->
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Nota di bibliografia	Includes bibliographical references (p. [133]-142) and index.
Nota di contenuto	Cover; Contents; Acknowledgements and Author's Note; Chapter 1 - Introduction: So Just What is Person-Centred Therapy?; Chapter 2 - 'More than Just a Psychotherapy': An Important Social and Political Context or Unjustified Complacency?; Chapter 3 - The Underlying Epistemology: Outmoded Twentieth-Century Modernism?; Chapter 4 - The Model of the Person: An Insufficient Base?; Chapter 5 - Self-Actualisation: A Culture-Bound, Naive and Optimistic View of Human Nature?; Chapter 6 - The Core Conditions: Necessary but Insufficient? Chapter 7 - 'Non-Directivity': A Fiction and an Irresponsible Denial of Power?Chapter 8 - An Absent Psychopathology: A Therapy for the Worried Well?; Chapter 9 - Reflection: A Simple Technique of Little Effect?; Chapter 10 - The Issue of Boundaries: Harmfully Sloppy Ethics?; References; Index
Sommario/riassunto	Characterized by its critics as theoretically light-weight culturally-biased and limited in application, until recently the person-centred approach to therapy has had relatively little written in its defence. Paul Wilkins provides a rigorous response to the critics with well-researched, counter-arguments.

