

1. Record Nr.	UNINA9910961616603321
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Titolo	Developing person-centred counselling
Pubbl/distr/stampa	[Place of publication not identified], : SAGE, 2002
ISBN	1-4462-2631-X 1-280-36923-X 0761949682 0761949690 9786610369232 1-4129-3294-7
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (161 pages)
Collana	Sage developing counselling series
Disciplina	616.8914
Soggetti	Interpersonal Relations Delivery of Health Care Behavioral Disciplines and Activities Psychology, Social Health Care Quality, Access, and Evaluation Behavior and Behavior Mechanisms Professional-Patient Relations Psychotherapy Psychiatry Health & Biological Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (pages [129]-134) and index.
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and treatment -- 7 Beware the need to appear 'clever' -- 8 'Burn-out' and how to avoid it -- 9 Personal therapy is not enough -- 10 What to do if you are not perfect -- 11 Using the large unstructured group to develop congruence in person-centred training -- 12 Developing a spiritual discipline (Brian Thorne) -- III The Therapeutic Alliance -- 13 You do not need to be an 'expert' on the client group or issue to work expertly with the client -- 14 Be 'beside' the client but not 'on the side of' the client -- 15 Getting beyond 'transference' -- 16 Brief companionship (Brian Thorne) -- 17 Becoming aware of the 'unspoken relationship' between counsellor and client -- 18 Tapping the 'unspoken relationship' between counsellor and client -- IV The Therapeutic Process -- 19 Getting the 'power dynamic' right -- 20 Let the client's locus of evaluation be the guide to your working -- 21 Assisting the client's focusing -- 22 Be aware of and beware the dynamics of self-concept change -- 23 Confronting the client -- 24 Trouble-shooting 'stuckness' within the therapeutic process -- V Person-Centred Psychopathology -- 25 The person-centred perspective on psychopathology: the neurotic client (Elke Lambers) -- 26 Borderline personality disorder (Elke Lambers) -- 27 Psychosis (Elke Lambers) -- 28 Personality disorder (Elke Lambers). 29 An introduction to client-centred pre-therapy (Dion Van Werde) -- 30 Dealing with the possibility of psychotic content in a seemingly congruent communication (Dion Van Werde) -- References -- Index.

Sommario/riassunto

`This is a useful book for those who use person-centred counselling in their practice, or who are training to become person-centred counsellors' - *Counselling and Psychotherapy, the Journal of the British Association for Counselling and Psychotherapy* Developing Person-Centred Counselling, Second Edition is designed to help counsellors improve their skills within the person-centred approach. Written by Dave Mearns, leading person-centred expert and bestselling author, the Second Edition has been fully revised and updated taking account of developments in person-centred practice. With new chapters on growth and transference, the book covers the subjects which are central to person-centred training: } the core conditions } therapeutic alliance } development of the counsellor } therapeutic process } the person-centred approach in relation to psychopathology. Supported by case material and examples from practice, each part of the book presents the counsellor with practical, and often challenging ideas, which encourage him/her to think carefully about his/her practice and how to improve it. Developing Person-Centred Counselling, Second Edition is a highly practical and inspiring resource for trainees and practitioners alike.
