

Brief Person-Centred Therapies

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Brief Person-Centred Therapies Keith Tudor, 2008-06-24 This is a book that the person centered psychotherapy community has been waiting for this book opens a creative space in which the ongoing conversation about therapeutic efficacy in times of shrinking resources can be successfully engaged Professor Maureen O Hara Chair Department of Psychology National University La Jolla California A wide ranging and scholarly book which shows that person centred therapy is fully alive to the challenges of the twenty first century and is breaking new ground both clinically and theoretically Professor Brian Thorne Emeritus Professor of Counselling University of East Anglia Likely to be of interest to anyone involved in counselling Times Higher Education Magazine May 2009 Can the person centred approach work in time limited psychotherapy and counselling This is a question that many practitioners grapple with as demand for brief therapy increases particularly in the public sector Brief Person Centred Therapies is the first book to tackle the subject bringing together the experience and insights of a leading international team of person centred therapists The book examines the philosophical and theoretical fit between the person centred approach and brief therapy It also explores the issues which arise when working briefly in a range of different settings including primary care higher education business and prison with couples and groups Brief Person Centred Therapies is essential reading for all person centred trainees and for practitioners who want to work in services where brief or time limited work is required or favoured Keith Tudor is a UKCP registered psychotherapist and has a private independent practice in Sheffield offering therapy supervision and consultancy The Handbook of Brief Therapies Sarah Parry, 2019-03-04 This step by step guidebook offers a range of contemporary and popular brief treatments suitable for a range of client groups and professional settings Following a comprehensive introduction to the use of brief interventions in therapeutic practice each chapter provides an introduction to the theoretical underpinnings and evidence based brief intervention followed by guidance on how to implement the approaches with useful top tips worksheets and examples from practice through case vignettes illustrating its application The Handbook reflects current recommendations and guidelines of the National Institute for Health and Care Excellence and recommendations of accrediting professional bodies in the UK and US A must have for any practitioner working to support the wellbeing of others Islamic Counselling G. Hussein Rassool, 2015-07-16 Islamic counselling is a form of counselling which incorporates spirituality into the therapeutic process Until now there has been little material available on the subject with no one agreed definition of Islamic counselling and what it involves There has also been a rapidly growing population of Muslims in Western societies with a corresponding rise in need of psychological and counselling services Islamic Counselling An Introduction to theory and practice presents a basic understanding of Islamic counselling for counsellors and Islamic counsellors and provides an understanding of counselling approaches congruent with Islamic beliefs and practices from a faith based perspective The book is designed as an introduction for counsellors its goal is to inform the reader about how the diverse roles of the Islamic counsellor fit together

in a comprehensive way and to provide the guidelines that can be potentially integrated into a theoretical framework for use. The book is divided into two parts: Section one Context and Background and Section two Assessment Models and Intervention Strategies. Islamic Counselling encompasses both current theory research and an awareness of the practice implications in delivering appropriate and effective counselling interventions with Muslim clients. It will be essential reading for both professionals and students alike.

Counseling and Psychotherapy with Children and Adolescents H. Thompson Prout, Douglas T. Brown, 2007-04-27. Covering all the major approaches to counseling children and adolescents including psychodynamic, Adlerian, person centered, cognitive behavioral, rational emotive, reality therapy, solution focused and family systems. Counseling and Psychotherapy with Children and Adolescents Fourth Edition equips you to become familiar with the latest thinking and practice in counseling and psychotherapeutic interventions with children and adolescents.

Person-Centred Therapy Today Dave Mearns, Brian Thorne, 2000-08-25. This is a book that is rooted in the origins of person centred therapy but stands at the cutting edge of new ideas developing in this tradition. It will reinvigorate those of us already immersed in this tradition. It should convince newcomers of the vitality and potential of this approach to therapy. Tim Bond, University of Bristol. This book is clearly a labour of love by two authors with unique abilities and unparalleled experience. Readers will be educated, inspired and encouraged in their own dialogue with the person centred approach. Charles J O Leary, Denver, Colorado. Mearns and Thorne have done Rogers proud in suggesting how person centred theory and practice can without losing its essence evolve in new directions. Richard Nelson Jones, Director of the Humanistic Cognitive Institute, Chiang Mai. Person Centred Therapy Today represents a significant contribution to the development of the person centred approach. It will be read by teachers and students of counselling and psychology who wish to keep their knowledge of the approach fully up to date and by all who consider themselves to be person centred in their approach to helping clients.

Handbook of Solution-Focused Therapy Bill O'Connell, Stephen Palmer, 2003-08-20. On a scale of 0-10 I would give the Handbook of Solution Focused Therapy a nine. It met my best hopes in terms of an insight into the theory and mechanics of SFT and gave me ideas for extending my current use of the therapy. I found it engaging, readable and well presented with useful reference lists within each chapter to guide further reading.

Solution News. This collection of fifteen chapters, each written by a different specialist in the SFT field, is a valuable contribution to the Solution Focused therapist's bookshelf. A must read for any informed SF therapy practitioner.

Mark McKergow, The Solutions Focus. This book has 14 chapters on diverse applications of Solution Focus between introductory and closing chapters by Bill O'Connell. The book relates to work being done in the UK and in Ireland, excepting Alasdair MacDonald's piece on research in SFT which is an up to date and welcome review of research findings world wide. All the chapters are succinct and they convey a clear impression of the lightness and excitement of this approach for service users and therapists alike. The book is a good read for any therapist, professional helper or service manager.

Robert Cumming, Nurturing Potential. Solution Focused therapy is an

increasingly popular approach used by practitioners in a wide range of contexts and settings Illustrating the breadth and depth of contemporary practice the Handbook of Solution Focused Therapy brings together contributions from leading practitioners in fields such as social work education and health care to show how solution focused techniques can be effective in many different situations Beginning with an introduction to the origins and theory of the approach the book examines different areas of practice explaining how and why the solution focused approach is applicable and highlighting the issues specific to each context Each chapter features a case example which demonstrates the practical advantages and difficulties involved in using the solution focused approach The Handbook of Solution Focused Therapy is an ideal text for training courses in solution focused therapy and a source of new ideas for practitioners trained in other approaches who want to integrate solution focused techniques with their existing practice Bill O Connell is a Senior Lecturer in Counselling at University of Birmingham and author of Solution Focused Therapy SAGE 1998 and Solution Focused Stress Counselling Continuum 2001 Professor Stephen Palmer is Director of the Centre for Stress Management and the Centre for Coaching London He has written and edited over 25 books Learning To Counsel, 4th Edition Jan Sutton,William Stewart,2017-09-07 Drawing on their numerous years experience as counsellors tutors and writers Jan Sutton and William Stewart introduce readers to the basic principles that underpin counselling practice Written in a clear concise and jargon free style and with its wealth of case studies examples of skills in practice and practical exercises this new edition is an ideal text for those embarking on a counselling or psychotherapy course trainee counsellors counselling tutors to use in training professionals working in the area of health care management and education and counsellors working in the voluntary sector It provides insight into various counselling approaches clarifies the nature of counselling and the role of the counsellor and assists readers to develop a repertoire of key counselling skills and qualities such as active listening genuineness unconditional positive regard empathy goal setting etc The book also addresses the important issues of ongoing supervision to enhance counselling practice and counsellor self care to reduce the risk of burnout **Learning To Counsel, 3rd Edition** Jan Sutton,William Stewart,2008-08-29 he new edition of this popular and userfriendly book has been thoughtfully revised updated and expanded Fresh informationhas been added to keep pace with the rapidly advancing field of counselling and psychotherapy Learning to Counsel Third Edition contains an abundance of illustrative graphics case studies examples of skills in practice practical exercises and sample letters forms and checklists designed to stimulate learning Its predecessor appears onthe recommended reading list of several counselling certificate courses This new revised edition is an ideal text for those contemplating embarking on a counselling course trainee counsellors counselling tutors to use in training professionals working in the area of health care management and education and counsellors working in the voluntary sector Contents Illustrations table sample forms and letters Foreword Preface 1 Exploring Counselling 2 Exploring Essential Counsellor Qualities 3 Developing Self Awareness 4 Helping the Client Feel Safe 5 Helping the Client Explore the Problem

Part 1 6 Helping the Client Explore the Problem Part 2 7 Helping the Client Understand the Problem 8 Helping the Client Resolve the Problem 9 Terminating the Counselling Relationship 10 Counsellor Self Care Appendix 1 Sample Forms and Letters Appendix 2 Suggested Responses to Exercises Appendix 3 Important People in the Development of Counselling Glossary Useful Websites Further Reading Index

Person-Centred Experiential Counselling for Depression David Murphy, 2019-06-24 This practical book focuses on humanistic counselling as an evidence based psychological intervention and it is an essential read for trainees wishing to work in public health settings Coverage includes evidence based practice and person centered and experiential therapies the counselling for depression competence framework in depth case studies illustrating Counselling for Depression in practice training supervision and research The book also includes research data supporting the approach and sources used in developing the humanistic competence framework Vital reading for those taking counselling for depression training or a humanistic counselling and psychotherapy course as well as for those already working within the NHS and wish to enhance their practice

A Handbook of Short-Term Psychodynamic Psychotherapy Penny Rawson, 2019-01-02 Short term psychotherapy has become more and more popular in recent years and there is an increasing need for therapists to be able to offer help without entering into many years of therapy This practical volume is an introductory text and a quick reference guide to short term therapy by an experienced therapist and teacher of psychodynamic short term therapy It is based on lectures given on the topic to experienced therapists wanting to familiarise themselves with short term therapy In a clear and concise manner the author explores the basics of this approach and moves on to discuss such topics as the importance of the first session the timescale of the therapy the different techniques and ending of analysis Full of useful tables and bullet points this volume is an indispensable guide to short term psychodynamic therapy for experienced therapists as well as laypeople who are interested in learning more about this method of therapy

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