



# Person-Centred Counselling in Action (Counselling in Action series)

*Dave Mearns, Brian Thorne*

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Praise for the previous editions:

‘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*

‘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*

‘Truly allows the reader to enter the world of the person-centered counsellor’ - *Contemporary Psychology*

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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