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Person-Centred Counselling in Action, Fourth Edition will be an invaluable resource 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. Dave Mearns is professor of counselling and retired Director of the Counselling Unit of the University of Strathclyde. He has written seven ...

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Person-centred therapy, also known

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as person-centred or client-centred counselling, is a humanistic approach that deals with the ways in which individuals perceive themselves consciously, rather than how a counsellor can interpret their unconscious thoughts or ideas.

Person-centred therapy - Counselling Directory

It is one of the core conditions of person centred counselling and I believe that without congruence, the other skills used in counselling would suffer. As everything hinges on the counsellor being honest and real for the client. If a counsellor feels bored during a session and the feelings persist, then the counsellor (if he is being congruent) will tell the client how he is feeling. This is ...

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Skills Used in Person Centred Counselling Example ...

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You will do this within a person-centred framework and in the second year you will visit other counselling models. You will be required to carry out 100 hours of counselling work with clients (i.e. in addition to counselling practice with peers) over the duration of the programme through placements with counselling agencies across Cornwall.

Diploma In Person-Centred
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