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# Client-Centered Therapy: Its Current Practice, Implications And Theory



## Synopsis

Presenting the non-directive and related points of view in counselling and therapy, this book defines the progress recently made in the development of the techniques and basic philosophy of counselling. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Rogers, the father of humanistic psychology, has created a technique for assisting others to understand and deal with their problems. The non-directive approach relies upon empathy, reflection and clarification to enable the client (patient) to exercise his responsibility for himself. Implicit in the method is the belief that only the client is able to choose a solution for his problems and, with the counselor's (therapist's) help, he will come to a point where he understands the exact nature of his problems enabling him to select solutions consistent with his own values. Non-directive techniques lend themselves to all interpersonal situations where adjustment of behavior to the demands of the environment will lead to greater satisfaction. It can be of particular value in business when counseling employees who are not performing to standard, experiencing difficulties with co-workers, expressing dissatisfaction with their work, etc. The book addresses also application of the approach in play therapy, group centered psychotherapy, group-centered leadership and administration, student-centered teaching, and the training of counselors and therapists. Finally, Rogers devotes a section to discussion of the implications for psychological theory. Anyone engaged in guiding others should read this book and its predecessor: "Counseling and Psychotherapy".

I love Rogerian Therapy. Humanistic and positive psychology would have never existed if it wasn't for him. This book illustrates how to use the principles and the history behind them. A great read for psychology enthusiasts and practitioners of various types.

This book by Carl Rogers is a classic! Anyone practicing counseling must get this book. It really spotlights the need and importance of the counselor/couselee relationship. Empathy, empathy, empathy!

In the 1940s and '50s, Dr. Carl Rogers was a pioneer in a new form of mental health counseling that ran absolutely counter to the established norms and theories of the time, and in some ways still does. The very idea that the patient will, in an environment of acceptance and with an empathic counselor, work out his or her own solutions without manipulation, diagnosis, advice, or the other common practices of established psychology was viewed by some in Rogers' day as downright heretical. And yet, his work has been inspirational to generations of groundbreaking therapists since that time. "Client-Centered Therapy" is the core manual describing the techniques which Rogers devised. Written in clear, thoughtful, thought-provoking language with a remarkable dearth of psychotherapeutic jargon, this book should be read by counselors, psychologists, psychiatrists, social workers -- everyone working with individuals who are dealing with mental health issues. The concepts are simple, straightforward -- and in many ways startling.

I needed the book for a book report and source for a research paper on Carl Rogers. If you have an interest in Carl Rogers and Client-Centered Therapy then it will be a worthwhile purchase. If you don't have a clue who he is then it's probably not going to be that interesting to you.

This book stands alone. But I would start with *On Becoming a Person*, because it is a more pleasant book to read. Then you could read *A Way of Being*.

This book can be rated as a classic work for counseling. No student or professional counselor's bookshelf should be without it.

Best book to begin with on your journey of becoming a client-centered (or PCT) therapist! Carl Rogers speaks volumes from just the page alone. Amazing man, concept, and theoretical lens.

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