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Person-Centered Psychotherapies (Theories of Psychotherapy ...

The aim of this paper is to articulate a “pluralistic” understanding of what it means to be person-centered. This perspective places particular emphasis on an understanding of clients as

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unique, nonstandardizable
“othernesses,” whose therapeutic
wants and needs are likely to be highly
heterogeneous and unknowable in
advance.

Person-Centered Psychotherapies

Person-centered therapy was a

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movement away from the therapist's traditional role—as an expert and leader—toward a process that allows clients to use their own understanding of their ...

Putting the Person Back Into Psychotherapy

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The person-centered counselor has a very positive and optimistic view of human nature. The philosophy that people are essentially good, and that ultimately the individual knows what is right for them, is the essential ingredient of a successful person centered therapy as “all about loving”.

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A person-centred approach in working with adult survivors ...

In this book, David J. Cain presents and explores person-centered psychotherapy, its theory, history, therapy process, primary change mechanisms, the empirical basis for its

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effectiveness, and contemporary developments that have refined theory and expanded how it may be practiced.

Person–Centered Therapy (Rogerian Therapy)

As a result, crucial elements of client-

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centered therapy and the person-centered approach are distorted or minimized. This paper proposes ways that Rogers' writings and those of later client-centered theorists can be reorganized as a clear theory of actualization that highlights human tendencies toward self-directed

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change.

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Person-centered therapy, also known as person-centered psychotherapy, person-centered counseling, client-centered therapy and Rogerian

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psychotherapy, is a form of psychotherapy developed by psychologist Carl Rogers beginning in the 1940s and extending into the 1980s. Person-centered therapy seeks to facilitate a client's self-actualizing tendency, "an inbuilt proclivity toward growth and ...

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World Association for Person Centered & Experiential ...

Joseph, S. (2015) A person centred perspective on working with people who have experienced psychological trauma and helping them move forward to post traumatic growth.

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Person-Centred and Experiential
Psychotherapies, 14 (3). pp. 178-190.

**Person-Centered Therapy |
Psychology Today**

This approach asserts that at the core of each individual lies a “positive center”, which is composed of

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trustworthiness and capability (Corey, 2009). Person-centered therapy is centered on the belief that people have an innate “actualizing tendency” which drives an individual to strive for growth and personal fulfillment (Corey, 2009).

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**Person-Centered Approach,
Positive Psychology, and ...**

2 Abstract Background: Person-centred psychotherapies have fared poorly in reviews of „empirically supported therapies?, compared with cognitive-behaviour therapy (CBT). Yet there is evidence of comparable

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efficacy and effectiveness of person-centred therapies (PCT), of

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Conditions | Simply Psychology**

But less well understood is that many of the core ideas associated with person-centered psychology—such as

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its focus on therapeutic relationships, intrinsic motivation, and human potential—are topics that are alive and well in contemporary mainstream psychology. The aim is to promote bridge building among the person-centered community...

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Updated author final version of:
Cooper, M., & McLeod, J. (2011).
Person-centered therapy: A pluralistic
perspective. *Person-Centered and
Experiential Psychotherapies* , 10(3),
210-223. INTRODUCTION Since the
1970s, the field of person-centered

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therapy has witnessed increasing
differenti

**Psychoanalytic and Person-
Centered Therapy**

Person-Centered Psychotherapies by
David Cain is a powerful corrective to
this slide into a quasimedical model for

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psychotherapy, and it is an even more powerful reminder of the humanistic, growth-oriented approach to psychotherapy that made the profession and the field so attractive to those of us who came of age in the 1960s and 1970s.

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**The Clinical Effectiveness of the
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The home of the World Association for Person Centered & Experiential Psychotherapy & Counselling. Here you will find information about person-centered and experiential psychotherapies, how to become a

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member of the organisation, our biennial conferences, and the PCEP Journal, now also accessible online to members.

Person-centered therapy: A pluralistic perspective — Mick ...

The major points of Person-Centered

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Therapy, Adlerian Therapy, and Behavioral Therapy are looked at in brief. Each theory is then shown how a school counselor can apply them into their work with students. While one theory does not work for every situation in the school setting, each theory brings something beneficial to

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the school counselor.

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Person-Centered Psychotherapies, by David Cain, is an essential primer on client-centered non-directive therapy. Building on the extensive body of work contributed by Carl Rogers, Cain explicates the necessary and sufficient

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conditions for therapeutic personality change in layman's language and illustrates their applications through brief therapy session examples.

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