



Skills in Person-Centred Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)

Janet Tolan

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This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counseling practice. Now in its Second Edition, this step-by-step guide takes the reader through the counseling process, providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person-centred principles. Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions.



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