



# Developing Person-Centred Counselling (Developing Counselling series)

*Dave Mearns*

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'This is a useful book for those who use person-centred counselling in their practice, or who are training to become person-centred counsellors' - *Counselling and Psychotherapy, the Journal of the British Association for Counselling and Psychotherapy*

Developing Person-Centred Counselling, **Second Edition** is designed to help counsellors improve their skills within the person-centred approach. Written by Dave Mearns, leading person-centred expert and bestselling author, the **Second Edition** has been fully revised and updated taking account of developments in person-centred practice.

With new chapters on growth and transference, the book covers the subjects which are central to person-centred training:

} the core conditions

} therapeutic alliance

} development of the counsellor

} therapeutic process

} the person-centred approach in relation to psychopathology.

Supported by case material and examples from practice, each part of the book presents the counsellor with practical, and often challenging ideas, which encourage him/her to think carefully about his/her practice and how to improve it.

**Developing Person-Centred Counselling, Second Edition** is a highly practical and inspiring resource for trainees and practitioners alike.

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