

The Person-Centred Approach to Therapeutic Change: A Guide to Theory and Practice



The Person-Centred Approach to Therapeutic Change (SAGE Therapeutic Change Series) by Michael McMillan

★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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The person-centered approach to therapy is a humanistic approach that focuses on the individual's unique experience and capacity for change. This approach was developed by Carl Rogers in the mid-20th century, and it has since become one of the most widely used therapeutic approaches in the world.

The person-centered approach is based on the belief that people are fundamentally good and have the potential to change and grow. The therapist's role is to create a safe and supportive environment in which the client can explore their thoughts and feelings, and to help them to develop a greater understanding of themselves and their world.

Core Concepts of the Person-Centred Approach

The core concepts of the person-centered approach are:

- **Empathy:** The therapist must be able to understand and share the client's feelings and experiences.
- **Unconditional positive regard:** The therapist must accept the client for who they are, without judgment.
- **Congruence:** The therapist must be genuine and authentic in their interactions with the client.

The Therapeutic Process

The therapeutic process in the person-centered approach is typically divided into three stages:

1. **Exploration:** In the exploration stage, the client and therapist work together to identify the client's problems and concerns.
2. **Insight:** In the insight stage, the client begins to develop a deeper understanding of themselves and their world.
3. **Action:** In the action stage, the client begins to make changes in their life based on their new understanding of themselves.

The Person-Centred Approach in Practice

The person-centered approach can be used to treat a wide range of mental health issues, including depression, anxiety, and relationship problems. This approach can also be used to help people to develop greater self-awareness and to live more fulfilling lives.

If you are interested in learning more about the person-centered approach, I encourage you to read *The Person-Centred Approach to Therapeutic*

Change by Carl Rogers. This book is a comprehensive guide to the theory and practice of person-centered therapy.

The person-centered approach is a powerful and effective approach to therapy. This approach can help people to understand themselves better, to make positive changes in their lives, and to live more fulfilling lives.

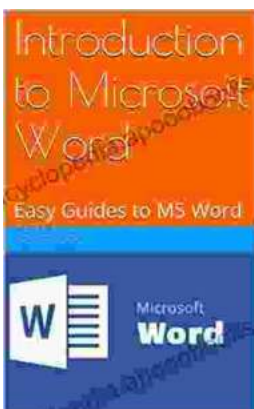
Buy the Book



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