



# Person-Centred Counselling in a Nutshell

*Roger Casemore*

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## **Person-Centred Counselling in a Nutshell** Roger Casemore

Person-Centred Counselling in a Nutshell is a short, accessible guide to one of the most popular approaches to counselling.

Using examples drawn from practice, Roger Casemore outlines, in a clear, jargon-free style, the main principles of the person-centred approach, using the core therapeutic conditions:

- congruence

- unconditional regard

- empathy

This revised and updated second edition includes new material on professional issues, on the use of person-centred counselling in short-term therapy, and on the wider application of the person-centred approach in other settings.

Providing a concise introduction to the theory and practice of person-centred counselling, Person-Centred Counselling in a Nutshell is the ideal place to start for anyone reading about the approach for the first time.

Roger Casemore is Senior Teaching Fellow and Director of Counselling courses at University of Warwick

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