



Person-Centred Counselling in a Nutshell

Roger Casemore

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Person-Centred Counselling in a Nutshell provides a short, accessible guide to one of the most popular approaches to counseling. Based on the ideas of Carl Rogers, the approach's main premise is that clients know themselves better than anyone else. It is the job of the person-centred practitioner to enable the client to discover and utilize their inner resources in order to change and grow. Using examples drawn from practice, Roger Casemore outlines the main principles of the person-centred approach including the core therapeutic conditions - congruence, unconditional positive regard, and empathy.

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