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This book examines the therapeutic use of self in counselling and psychotherapy practice. It considers the intertwining of the therapist's professional and personal self - their ways of doing and being with their clients.

Understanding shame as a relational problem, Shame Matters explores how people, with support, can gradually move away from the relentless cycle of shame and find new and more satisfying ways of relating. Orit Badouk Epstein brings together experts from across the world to explore different aspects of shame from an attachment perspective. The impact of racism and socio-economic factors on the development and experience of shame are discussed and illustrated with clinical narratives. Drawing upon the experience of infant researchers, trauma experts and therapists using somatic interventions, Shame Matters explores and develops understanding of the shameful deflations encountered in the consulting room and describes how new and empowered ways of relating can be nurtured. The book also details attachment-informed research into the experience of shame and outlines how it can be applied to clinical practice. Shame Matters will be an invaluable companion for psychotherapists, clinical psychologists, counsellors, social workers, nurses, and others in the helping professions.

The Art and Science of Embodied Research Design: Concepts, Methods, and Cases offers some of the nascent perspectives that situate embodiment as a necessary element in human research. This edited volume brings together philosophical foundations of embodiment research with application of embodied methods from several disciplines. The book is divided into two sections. Part I, Concepts in Embodied Research Design, suggests ways that embodied epistemology may bring deeper understanding to current research theory, and describes the ways in which embodiment is an integral part of the research process. In Part II, Methods and Cases, chapters propose novel ways to operationalize embodied data in the research process. The section is divided into four sub-sections: Somatic Systems of Analysis, Movement Systems of Analysis, Embodied Interviews and Observations, and Creative and Mixed Methods. Each chapter proposes a method case; an example of a previously used research method that exemplifies the way in which embodiment is used in a study. As such, it can be used as scaffold for designing embodied methods that suits the researcher's needs. It is suited for many fields of study such as psychology, sociology, behavioral science, anthropology, education, and arts-based research. It will be useful for graduate coursework in somatic studies or as a supplemental text for courses in traditional research design.

An exploration of the therapeutic relationship from a variety of theoretical positions for students as well as new and experienced practitioners

Are you sometimes challenged by how to apply ethical principles in your own practice? Looking to understand what ethical practice can look like from different theoretical standpoints? Linda Finlay takes you on an exploration of ethical therapeutic practice. She highlights how therapeutic decisions depend on the social and relational context and vary according to your theoretical lens. She provides you with guidance on how to engage in therapy relationally while remaining professional, ethical and evidence-based. Split over three parts this book takes you through: - The Context of Relational Ethics - introducing you to the foundational ideas, and considering how professional codes are applied within therapy - Relational Ethics within the Therapeutic Relationship - exploring the complex judgements demanded by the therapeutic process, and looking at how therapy needs to be situation specific - Relational Ethics in Practice - five extended, fictional case studies demonstrate relational ethics in practice, and discuss the issues raised.

Are some therapies more effective than others? How important is the relationship? Which clients do best in therapy? Essential Research Findings in Counselling and Psychotherapy answers these questions and many more, providing trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field. The book sets out in a jargon-free way the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes. It gives suggestions for further reading, definitions of key terms and questions for discussion, making this an ideal text for use in training. The book is also designed for practitioners who increasingly need to justify their therapeutic work on empirical grounds. Essential Research Findings in Counselling and Psychotherapy gives them the knowledge and confidence to do just that. More than that, it makes research findings accessible and provides information on how to practice counselling and psychotherapy in an effective way. Watch Mick Cooper talking about this book on YouTube: To view the Part 1 - [Click Here](#) To view the Part 2 - [Click Here](#) To view the Part 3 - [Click Here](#)

At over 700 pages and with more than 100 contributions, this Fourth Edition brings together the essentials of counselling and psychotherapy theory, research, skills and practice. Including new content on assessment, theory, applications and settings, and with new chapter overviews and summaries, this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners.

Human beings are social creatures, and from the moment we enter the world, our personal horizons are defined by our relationships with others. Parents, siblings, teachers, friends, lovers, colleagues-even the countless strangers with whom we interact during the course of any given day-we exist through them and they through us. This book is concerned with one of the most profound, yet difficult to define of human relationships, the healing relationship of psychotherapy. There are many psychotherapeutic schools of thought, and while they may vary considerably in theory and methodology, virtually all agree that the relationship that develops between therapist and client is important to the success of treatment. But how do you define a

"successful" client/therapist relationship? How exactly does the psychotherapy relationship influence process and outcome? What are its various components, and which are most important to the healing process? In this groundbreaking study, Charles Gelso and Jeffrey Hayes provide answers to these and other challenging questions about The Psychotherapy Relationship. The authors begin by defining the three main components of the psychotherapy relationship: the working alliance, transference configuration, and the real relationship. They then consider how each is generally defined by and functions within various psychotherapeutic approaches, how each interrelates with the other two components within the context of the therapy relationship, and how relationship components and therapeutic techniques interact during treatment. Throughout, the authors draw upon their extensive clinical experience to offer advice and guidance on how to avoid and overcome major obstacles to a successful psychotherapy relationship. The remainder of the book is devoted to a fascinating in-depth look at the psychotherapy relationship in action in four major psychotherapy schools: psychoanalytic, cognitive/behavioral, humanistic, and feminist. Ever mindful of important factional differences within schools of thought, the authors explore the role of the relationship within each approach in terms of the centrality of the relationship; whether the relationship is seen as a means to an end or an end in itself; the extent to which the emphasis is on the "real" relationship versus the transference; and the manner in which the therapist uses power in the relationship. The most penetrating and far-ranging exploration yet of this most crucial aspect of the psychotherapeutic process, The Psychotherapy Relationship is must reading for all psychotherapists. A far-ranging and insightful exploration of one of the most important and controversial aspects of the psychotherapeutic process The Psychotherapy Relationship is an impartial research-based exploration of the role of the client/therapist relationship in most major approaches to psychotherapy. Drs. Gelso and Hayes break the relationship down into its component parts-including the working alliance, transference/countertransference, and the real relationship-and define the function of each, as it interrelates with both the other two and with various intervention techniques. They explore various theories about the nature and function of the therapy relationship espoused by the psychoanalytic, cognitive/behavioral, humanistic, and feminist schools of thought. And they develop a broad-based, practical synthesis of theory, research, and personal clinical experience that all psychotherapists will find helpful in their efforts to assess and improve the quality of their relationships with their clients.

Therapist and Client: A Relational Approach to Psychotherapy provides a guide to the fundamental interpersonal elements of the therapeutic relationship that make it the most effective factor in therapy. Presents the fundamental interpersonal elements that make the therapeutic relationship the most effective factor in psychotherapy Explores and integrates a range of approaches from various schools, from psychoanalysis to body-oriented psychotherapy and humanistic psychotherapies Offers clear and practical explanations of the intersubjective aspects of therapy Demonstrates the pivotal need to work in the present moment in order to effect change and tailor therapy to the client Provides detailed case studies and numerous practical applications of infant research and the unified body-mind perspective increasingly revealed by neuroscience Many counselling courses have a strong research element built into the modules and students are expected to gain a thorough understanding of research issues early on in their studies. This accessible and practical textbook will demystify research and make it relevant to counselling practice. There are sections on linking clinical practice to research, developing 'curiosity' and engaging with the data. The book uses clinical practice as a basis for understanding research, and makes connections between the activity of therapy and the research process.

This wide-ranging textbook offers a fascinating survey of the latest thinking and research on in-depth therapeutic encounters by bringing together the latest theory, research and practice on working at relational depth with clients in counselling and psychotherapy. By exploring the meaning, challenges and experiences of relational depth, it provides insight into an important dimension of therapeutic practice and, for many, will act as a guide to new ways of thinking about their therapeutic relationships. This book is an essential read for all trainees and practitioners in counselling and psychotherapy who want to deepen their levels of therapeutic relating.

The complete handbook on interviewing, the Second Edition deals with conceptual and methodological challenges to interviewing, in addition to the nuts and bolts of the interview process.

In this important new book, Godfrey Barrett-Lennard challenges the individualist focus of traditionalist psychology by proposing that the human condition is basically relational and interdependent. Rich in depth and scope, The Relationship Paradigm explores relationship systems over an absorbing vista of multiple connections. This includes relations within the self, interpersonal relationships, relationships between and within communities, organizations and nations, and relationships with animals. There is a chapter on relations in war. The result is a sophisticated account of the complex weave of human relationships, providing counselors and other professionals who work with people with a foundation of thought that will offer fresh insights both for practice and the search for new knowledge. Combining new ideas with practice principles and illustrations, this is a book of rare value for students, practitioners and research enquirers.

Designed specifically for the needs of trainees and newly-qualified therapists, Relational Integrative Psychotherapy outlines a form of therapy that prioritizes the client and allows for diverse techniques to be integrated within a strong therapeutic relationship. Provides an evidence-based introduction

to the processes and theory of relational integrative psychotherapy in practice Presents innovative ideas that draw from a variety of traditions, including cognitive, existential-phenomenological, gestalt, psychoanalytic, systems theory, and transactional analysis Includes case studies, footnotes, 'theory into practice' boxes, and discussion of competing and complementary theoretical frameworks Written by an internationally acclaimed speaker and author who is also an active practitioner of relational integrative psychotherapy

Social work and relational theory have long been clinical comrades, given their shared goals and ideals. This close fit continues to be productive as client populations and their needs grow more diverse. *Clinical Social Work Practice with Diverse Populations* sorts through vital matters of race, ethnicity, sexuality, religion and social status--and addresses groups and issues often seen in practice but rarely encountered in print--with a profound understanding of the healing power of relational-based treatment. Case examples illustrate all stages of social work process, offering practice guidelines for working with members of diverse groups while emphasizing the uniqueness of every therapeutic dyad. The coverage recognizes the multiple relationships that comprise individuals' lives as well as the individuality that co-exists within group identity. And the contributors carefully show readers how to check themselves for biases and us-versus-them thinking and how to develop confidence along with clinical skills. Included in this first-of-its-kind text: · Practice technique and research support for relational therapy. · Whiteness: Deconstruction of a practice paradox. · Racial and ethnic diversity, including African American, Latino, Asian American, and Asian Indian clients. · Religious diversity: evangelical Christians, Muslim, and Orthodox Jewish clients. · Diversity of sexual identity: LGBT clients. · Diversity of life-altering experiences: combat veterans, reentry from incarceration, homelessness. · Plus: background chapters providing a framework for applying relational theory to social work. Bridging the knowledge gaps between the diversity literature and the practical literature, *Relational Social Work Practice with Diverse Populations* supplies clinical social work professionals, educators, and counselors with tools and concepts for effective, efficient practice.

This volume offers a novel collection of international works on the use of poetry in inquiry that transcends conventional disciplinary boundaries. The aim is to illustrate an 'aesthetic move' in social sciences and in particular in health and in education. The collection builds a bridge between the Arts and Health and Education by offering innovative exemplars of use of poetry in social science research and in the context of the many varied disciplinary contexts. An exploration of poetry within an international interdisciplinary collection in the context of education, research inquiry and health and social care with university-affiliated authors is offered. Writers include literary poets, academics and researchers in the arts, the humanities, and human and social sciences: an unusual interdisciplinary community. Authors contribute work illustrating how they are finding varied approaches to make use of the resonant power of words through poetry in their investigations. Writers' aims span new ways to help readers resonate and connect with findings; new ways of revealing deep understandings of human experience; new ways of being in dialogue with research findings and new ways of working with people in vulnerable situations to name 'what it is like'. As such, the collection offers examples of the foremost ways seen in the literature for poetry to appear in education, health and caring sciences, anthropology, sociology, psychology, social work and related fields. Most qualitative research texts focus on one discipline; this text will be relevant for many postsecondary programs and courses including in education, health sciences, arts and humanities and social sciences.

Human beings live in constant battle with issues that are fundamental to their existence and couples who seek relationship therapy are looking for a way to reconnect with one another and understand the existential predicaments that they each face. In this inspiring book, Emmy van Deurzen and Susan Iacovou bring together world renowned therapists to demonstrate how existential theories can improve therapeutic practice. Each contributor explores their own unique existential approach to relationship therapy, drawing on the great thinkers that have informed their work - from Socrates to Sartre - and revealing some of their most profound practice with their clients. Whether you are a student, trainee, or experienced counsellor, this a ground-breaking book will enrich and transform your work with relationships.

An accessible, practical introduction to carrying out qualitative research in psychotherapy and counselling for practitioners who want or who are required to contribute to the profession's evidence base. Gives clear guidance on how to set up and conduct small scale research that is based in clinical practice Assumes no prior knowledge of qualitative research and is aimed specifically at psychotherapists Recognises development of the evidence base for psychotherapy through qualitative research as a key objective for practitioners

Eagerly awaited by many counsellors and psychotherapists, this new edition includes an updated preface, new content on recent research and new developments and debates around relational depth, and new case studies. This groundbreaking text goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence. The book has helped thousands of trainees and practitioners understand how to facilitate a relationally-deep encounter, identify the personal 'blocks' that may be encountered along the way, and consider new therapeutic concepts - such as 'holistic listening' - that help them to meet their clients at this level. This classic text remains a source of fresh thinking and stimulating ideas about the therapeutic encounter which is relevant to trainees and practitioners of all orientations.

'Scholarly yet accessible, required reading for students of existential psychotherapy.' Tim Le Bon is a UKCP registered psychotherapist, life coach, philosophical counsellor and author of *Wise Therapy* This contemporary introduction provides a comprehensive survey of past and present existential ideas, philosophers and practice. Darren Langdridge makes existential therapy accessible through clear language, numerous case studies, chapter summaries, activities and further reading lists. The three parts cover all the key areas taught on existential therapy courses, from the fundamental theory of - and key figures in - the approach, to its application in practice. The final section advances theory and practice by exploring contemporary cross-cutting issues in existential therapy, including the role of research, power, politics, and language. Trainees to existential therapy will find in this book a comprehensive, practical overview of the key areas of theory and practice, while more experienced trainees and practitioners will gain insights into contemporary developments in existential therapy today. Dr Darren Langdridge is Head of the Department of Psychology at The Open University, Honorary Professor of Psychology at Aalborg University, Denmark and a UKCP accredited existential psychotherapist.

The need to show how and why counselling works has led to an explosion of research activity, and a growing focus on research in counselling and psy-

chotherapy teaching and practice. Yet this book, even now in its second edition, stands alone in addressing qualitative research in therapy. Leading expert John McLeod helps readers through each stage of the research process, explaining techniques for gathering data, writing up the study and evaluating the findings. Each qualitative method is clearly described and critically assessed in terms of its own strengths and weaknesses. Examples from actual research studies are given to show how the methods work in practice. This new edition incorporates developments in qualitative research over the last ten years and includes eight new chapters, covering: - interpretative phenomenological analysis (IPA) - autoethnographic methods - action research - case study methods For all those involved in research - whether as part of academic study or in practice -this book will be essential reading. As an introduction to qualitative methods, it is the perfect course text for all training programmes in counselling, counselling psychology and psychotherapy, and will also be of interest to those who work in areas such as psychiatry, clinical psychology and mental health nursing, or who provide counselling in other professional areas such as teaching, nursing and social work. McLeod is Professor of Counselling, University of Abertay Dundee.

In 1958 in their book *Existence*, Rollo May, Henri Ellenberger and Ernst Angel introduced existential therapy to the English-speaking psychotherapy world. Since then the field of existential therapy has moved along rapidly and this book considers how it has developed over the past fifty years, and the implications that this has for the future. In their 50th anniversary of this classic book, Laura Barnett and Greg Madison bring together many of today's foremost existential therapists from both sides of the Atlantic, together with some newer voices, to highlight issues surrounding existential therapy today, and look constructively to the future whilst acknowledging the debt to the past. Dialogue is at the heart of the book, the dialogue between existential thought and therapeutic practice, and between the past and the future. *Existential Therapy: Legacy, Vibrancy and Dialogue*, focuses on dialogue between key figures in the field to cover topics including: historical and conceptual foundations of existential therapy perspectives on contemporary Daseinanalysis the search for meaning in existential therapy existential therapy in contemporary society. *Existential Therapy: Legacy, Vibrancy and Dialogue* explores how existential therapy has changed in the last five decades, and compares and contrasts different schools of existential therapy, making it essential reading for experienced therapists as well as for anyone training in psychotherapy, counselling, psychology or psychiatry who wants to incorporate existential therapy into their practice.

This book examines the 'therapeutic use of self', and the intertwining of the therapist's professional self and their personal self. Combining practical illustrations and case studies with theory and research, the book explores a number of questions, such as: · What are our personal values and attitudes and how do these manifest in our work with clients? · How do we interact with and impact others, and in what ways might this help or hinder our therapeutic work? · What might we represent to the client as a result of our particular social background, and how might this impact on the power dynamics within client relationships? Learning features include Practical Applications, Research boxes, Case Examples, Critical Reflections, Discussion Questions and Further Reading. This is a must-read for any students studying professional practice, counselling process, ethics, skills, working online/remotely, the therapeutic relationship, and more.

Research is a vital and often daunting component of many counselling and psychotherapy courses. As well as completing their own research projects, trainees across modalities must understand the research in the field - what it tells them and how to do it. Breaking down this seemingly mountainous task into easy to swallow pieces, this book will navigate your students through each stage of the research process, from choosing a research question, through the pros and cons of different methods, to data analysis and writing up their findings. Written by leading contributors from the field including John McLeod, Mick Cooper and Tim Bond, each chapter features points for reflection, engaging activities and suggestions for further reading, helping students to engage with all aspects of research. An original graphic narrative runs throughout the book, bringing this complex topic to life in a unique way. Whether embarking on research for the first time or already a little familiar with research and research methods, this unique guide is something counselling and psychotherapy students will turn to continually throughout their research projects.

This is an accessible and user friendly guide to the theory and practice of relational counselling and psychotherapy. It offers a meta-theoretical framework for the integration of the three most popular counselling and psychotherapy modalities: humanistic, psychodynamic and Cognitive-behavioural including mindfulness and compassion based approaches This exciting new text: - outlines the history of integration in the field of psychotherapy and counselling - clarifies the nature of psychotherapeutic integration - defines different models of integration - provides a clear and rich discussion of what it means to work relationally - outlines a coherent and flexible framework for practice, in terms of theory as well as technique - demonstrates how this framework can be successfully utilised both in brief and long term therapy for a wide range of client issues and problems - provides a detailed guide to working with the Relational-Integrative Model (RIM) for a range of professional issues, including ethics, research, supervision, therapist self-care and personal development Brimming with vivid case examples, mind-maps and therapeutic dialogue, this invaluable book will help develop the theoretical knowledge and skills base of students, trainers and practitioners alike.

This book provides an accessible comprehensive exploration of phenomenological theory and research methods and is geared specifically to the needs of therapists and other health care professionals. An accessible exploration of an increasingly popular qualitative research methodology Explains phenomenological concepts and how they are applied to different stages of the research process and to topics relevant to therapy practice Provides practical examples throughout

Are you interested in the field of counselling and psychotherapy or just starting out in your training? Trying to get to grips with the many different approaches and decide which are right for you? This book can help! An ideal introductory text that assumes no prior knowledge, leading authors in the field provide overviews of 26 counselling and psychotherapy approaches in accessible, jargon-free terms. Each approach is discussed using the same framework to enable easy comparison and evaluation, covering: · Development of the Therapy · Theory and Basic Concepts · Practice · Which Clients Benefit Most? · Case study Four further chapters offer an insight into the therapeutic relationship, working with diversity, professional issues, and research, while resources such as suggested reading, discussion issues, appendices of further information and a comprehensive glossary help you consolidate your learning. So look no further if you want to know the differences between counselling and psychotherapy, compare psychodynamic and psychoanalytic theories, discover how constructivist approaches can be applied in practice, learn about third wave CBT therapies, or just get an general overview of the field; this second edition of a bestseller gives you a whirlwind tour of the breadth, complexity, fascination and problems of the field

of counselling and psychotherapy.

In this book about deception and self-deception in and beyond the workplace, Stein portrays a psychological, ethical, cultural, and spiritual crisis that cannot be reduced to a business crisis. He shows how the language of economics shrouds loss, dread, rage, despair, and brutality in the guise of rational business necessity. For example, the act of ridding a workplace of thousands of people has become magically, euphemistically transformed into an impersonal, bottom line based exercise in downsizing and outsourcing. As Stein explores the role of euphemism in the official doctrines and public claims of business, he also portrays how people experience the trauma of repeated mass layoffs, and the constant turmoil over shifting workroles and uncertain job security. Stein shows how the inner experience of downsizing, reengineering, and corporate medicine becomes part of a person's very essence and structure, not some unfortunate epiphenomenon. Three extensive case studies—one of downsizing (and related social engineering concepts), one of managed care, and another of the U.S. prairie's adaptation to life after the Oklahoma City bombing—provide the evidence for his interpretation. Stein supplements these with telling analyses of the concept of spin, the popularity of Scott Adams' Dilbert cartoons, George Orwell's trenchant use of euphemism in his novels, and the web of words on which the Nazis' extermination program was spun. He shows how our priorities have created long-term massive social casualty for the sake of short-term gain. Further, he shows how a widespread cultural ethos of scarcity and callousness transcends the boundaries of workplace and business. He calls for an ethical awakening from our self-deceptions and the social harm we have done in the name of good business, and for direct, honest language that expresses our feelings and intentions.

This important and innovative book explores a new direction in psychoanalytic thought that can expand and deepen clinical practice. Relational psychoanalysis diverges in key ways from the assumptions and practices that have traditionally characterized psychoanalysis. At the same time, it preserves, and even extends, the profound understanding of human experience and psychological conflict that has always been the strength of the psychoanalytic approach. Through probing theoretical analysis and illuminating examples, the book offers new and powerful ways to revitalize clinical practice.

Unravelling the issues surrounding the therapeutic relationship, this book highlights the importance of the relationship itself, of the client as a proactive agent in the process, and of the need for partnership and collaboration for effective therapy to take place. It will provide trainees and newly qualified therapists with the knowledge and skills they need to practice on a level of deep understanding and confidence.

New Ways of Working in Health and Social Care explores the range and depth of recent challenges facing professionals in health and social care.

This textbook provides a guide to the development of a rigorous and creative research-supported practice for students, practitioners, and researchers in counselling and psychotherapy. With an emphasis on critical thinking and "research mindedness", it introduces practical research skills and links them to self-awareness and critical reflection. Learning how to creatively and effectively use oneself in the treatment process is an essential component in therapy training and this level of self-awareness has long been a neglected area in research – until now. With examples ranging from private therapeutic practice to psychiatric related research, each chapter combines 'how-to-do-it' advice with illustrative real-life examples. The authors outline the use of a broad range of research methods, embracing Arts- as well as RCT-based research, and covering qualitative, quantitative, pluralistic and mixed methods approaches. Whether you are engaging with research for the first time or already developing your own research projects, if you are a student at diploma level or taking a Postgraduate research course for counsellors, psychotherapists and counselling psychotherapists, this is essential reading for anyone looking for a book that combines self-awareness with analytical and practical skills.

Gestalt therapy is well-grounded in its daily practice, but is a field which is still in the process of developing a research tradition to support this practice. Gestalt practitioner researchers devote themselves to the generation of interest in the field, the enlargement of capacities and expertise, and the sharing of research projects and their findings. The larger Gestalt community realises that such research has begun to take place, but it requires more information and to be brought into the conversation through a book that speaks of philosophy and method and actually shares some of the re-

search that emerges. This volume fills this lacuna, collecting for the first time the theoretical grounds for research in Gestalt therapy, and introduces useful research methods and presents actual research projects to provide inspiration to Gestalt practitioner researchers. The book will be helpful not only to Gestalt therapists interested in research, but also to students of Gestalt therapy involved in training, as it will serve to bolster their own academic performance. It will also be of interest to the larger field of psychotherapy research, in demonstrating how a clinical school based on principles such as existential dialogue, phenomenology and field theory is responding to the need for evidence-based practice, and is keeping pace with the needs of a twenty-first century professional community.

From the origins of Carl Rogers' person-centred approach to the cutting-edge developments of therapy today, *The Person-Centred Counselling and Psychotherapy Handbook* charts the journey of an ambitious vision to its successful reality. In this book, Lago and Charura bring together history, theory, research and practice to deliver a complete and unique perspective on the person-centred approach. Key topics include: •The groundbreaking journey of PCA's early decades, spearheaded by Carl Rogers •Developments and extensions of the original theory and practice •The influence of PCA in developing new therapies and practice •The frontier of contemporary PCA, and therapists' work with client groups of difference and diversity With its broad view that explores the origins, variations and applications of PCA, *The Person-Centred Counselling and Psychotherapy Handbook* gives a comprehensive overview of the knowledge required and the issues faced by practitioners, making it an important resource for the seasoned and training practitioner alike.

Writing blocks are likely to strike any writer, even experienced ones, at sometime or another. Academia has its own challenges which can provoke blocks particular to that environment. Drawing on her knowledge as writer, psychotherapeutic counsellor and university tutor, Kate Evans has put together a book which addresses many of the differing aspects of writing blocks, including looking at their emotional and psychological foundations. With discussion and practical exercises, this volume suggests that an infusion of creative techniques can offer pathways through writing blocks in the academic environment. The case studies provide an in-depth consideration of varying experiences of writing blocks. The book is aimed at students with essays, projects or reports to write, or theses to tackle; as well as academics who are working on articles and books. It will also offer insights for supervisors who wish to support those who are writing and guidance for people running writing groups within academia. Over-all the book encourages a creative, collaborative approach which aims to equip academics for writing within the context of the twenty-first century. "This book offers something for every academic writer, whether budding or experienced. Students struggling with essays and dissertations will find many practical exercises along with invaluable advice. More practised writers will encounter fresh insights.... I am confident that you, the reader, will enjoy this book, which is itself a model of good writing." Dr Linda Finlay, the Open University, UK.

Introducing the basic principles of research theory and practice, this book is the ideal starter text for any counselling trainee or practitioner learning about the research process for the first time. Structured around common training topics, the book: - Explains why you need to do research at all: what it is, why it's important and its historical and philosophical context - Guides you through the confusing mass of research literature - Covers the ins and outs of actually doing research: practical and ethical issues - Helps you get the most out of research - how to evaluate the outcomes and use research to investigate the process of therapy. Written in a language familiar to first-year trainees and using a range of features to enhance learning, this accessible introduction will equip both trainees and qualified therapists with the essential nuts and bolts to understand research. John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee and adjunct Professor at the University of Oslo, Norway.

This practical guide to the gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in gestalt practice. The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, supervision, adopting a research approach, and managing difficult encounters. The Fourth Edition has been updated to include: Some implications of working in the twenty-first century, including working virtually Updated content on trauma An enhanced discussion of mindfulness and awareness New case examples and exercises Updated references and further reading