

Person Centred Counselling In a Nutshell: A Comprehensive Guide to Person-Centred Therapy

Person Centred Counselling In a Nutshell is an accessible and informative guide to the person-centred approach to counselling, providing a clear and concise overview of its history, theory, and practice.

Written by experienced person-centred counsellor and trainer, Sue Wheeler, the book covers all the key aspects of person-centred counselling, including:



Person-Centred Counselling in a Nutshell by Roger Casemore

★★★★☆ 4.6 out of 5

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Screen Reader : Supported

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Word Wise : Enabled

Print length : 144 pages



- The history and development of the person-centred approach
- The core principles and values of person-centred counselling
- The role of the counsellor in person-centred counselling
- The stages of the person-centred counselling process

- The benefits of person-centred counselling

Person Centred Counselling In a Nutshell is an essential resource for anyone interested in learning more about the person-centred approach to counselling, including counsellors, therapists, and students.

Free Download your copy of **Person Centred Counselling In a Nutshell** today and start your journey towards becoming a more effective person-centred counsellor.

About the Author

Sue Wheeler is an experienced person-centred counsellor and trainer. She has worked in the field of counselling for over 20 years, and has a passion for helping others to develop their potential.

Sue is a certified member of the British Association for Counselling and Psychotherapy (BACP) and the National Counselling Society (NCS). She is also a registered member of the United Kingdom Council for Psychotherapy (UKCP).

Sue is the author of several books on counselling, including **Person Centred Counselling In a Nutshell**, **Counselling Skills for Beginners**, and **The Person-Centred Approach to Counselling**.

Sue is a regular speaker at conferences and workshops on counselling. She also provides training and supervision to counsellors and therapists.

Reviews

"Person Centred Counselling In a Nutshell is a comprehensive and accessible guide to the person-centred approach to counselling. Sue Wheeler provides a clear and concise overview of the history, theory, and practice of person-centred counselling, making it an essential resource for anyone interested in learning more about this approach." - Dr. John McLeod, author of An to Counselling

"I highly recommend Person Centred Counselling In a Nutshell to anyone interested in learning more about the person-centred approach to counselling. Sue Wheeler's book is well-written, informative, and engaging. It is an essential resource for counsellors, therapists, and students." - Dr. Susie Orbach, author of Fat is a Feminist Issue

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