



# 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 counseling. Using examples drawn from practice, Roger Casemore outlines, in a clear, jargon-free style, the main philosophical and theoretical principles of the person-centred approach, using the six core therapeutic conditions which need to be developed as a way of being in the counselor.

This revised and updated Second Edition includes new material on the philosophical principles which underpin the approach, on professional and ethical 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.

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