



# Person-Centred Counselling in a Nutshell

*By Roger Casemore*

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

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Review

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**Peter Pearce, Head of Person Centred Department  
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About the Author

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