



Person-Centered and Experiential Therapies Work: a review of the research on counseling, psychotherapy and related practices

By Mick Cooper, Jeanne C Watson, Holldampf



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Person-Centred and Experiential Therapies Work provides a comprehensive, systematic and accessible review of the evidence-base for the approach and the methods and measures by which it can be evaluated. It gives clear evidence for the effectiveness of person-centred and experiential therapies, and is an essential resource for students and practitioners who want to know more about the empirical support for their work, and to promote it with confidence.

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Editorial Review

Review

I think this book belongs on every therapist's library bookshelf, it needs to be read by everyone who has an academic interest in PCE therapy . Mary Coakley-Burns, Person-Centred Quarterley UK, October 2010.

About the Author

Mick Cooper is a Professor of Counselling Psychology at the University of Roehampton, and a practising counselling psychologist. Mick is author of a range of texts on person-centred, existential and pluralistic approaches to counselling and psychotherapy. His principal research interests are counselling in schools and the experience of relational depth. Jeanne Watson is Professor at OISE at the University of Toronto, Canada. A major exponent of humanistic-experiential psychotherapy, she has contributed to the development of Emotion Focused Psychotherapy, the process experiential approach. Dr. Watson teaches and conducts research on the process and outcome of Emotion Focused Psychotherapy and has co-authored and co-edited a total of 7 books and over 65 articles and chapters on the theory and practice of Emotion Focused Psychotherapy, the therapeutic relationship, the alliance, empathy, and emotional expression. Dr. Watson received the Outstanding Early Career Achievement Award from the International Society for Psychotherapy Research in 2002 and was President of the Society in 2014-2015. She has been nominated by her students for supervision and teaching awards, and has a part-time clinical practice in Toronto. Dagmar Nuding (former Holldampf) works a lecturer and researcher at the University of Education Schwabisch Gmund, Germany. Her main research topic is the effectiveness of person-centered and experiential therapy and counselling with children and adolescents. As lecturer she is involved in the training of teachers, and kindergarten-teachers, she teaches classes in play therapy, person-centered counselling and developmental psychology. As person-centered child and adolescent psychotherapist she mainly works with traumatized children and young people. Dagmar is the editor of the journal "Gesprächspsychotherapie und Personzentrierte Beratung" (English: Person-Centered therapy and counselling) and belongs to the board of editors of the PERSON. She is a member of the board of the German Association for the person-centered approach. For her research she received the Virginia Axline Junior Award in 2012.

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