



Person-centred Therapy and CBT: Siblings not Rivals

By Roger Casemore, Jeremy Tudway

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Person-centred Therapy and CBT shows humanistic, CBT and integrative therapists how to get to grips with each other's approaches. CBT has become more fully present in the therapeutic landscape and therapists from other modalities are increasingly being required to understand or even train in the approach.

Responding to this growing pressure for change, Person-centered therapist Roger Casemore joins forces with Jeremy Tudway. Together they show how counselors can respect and value each other's approaches by more clearly understanding the similarities and differences in theory, philosophy and practice. They clarify how therapists draw upon this knowledge in their practice without betraying the values of their core approach.

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Bibliography

- Sales Rank: #2544047 in Books
- Published on: 2012-09-28
- Released on: 2012-12-27
- Original language: English
- Number of items: 1
- Dimensions: 9.53" h x .44" w x 6.69" l, .75 pounds
- Binding: Paperback
- 192 pages



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Editorial Review

Review

'This book works on many levels: as an introduction to both CBT and PCA, for example, as well as the comparing and contrasting of two theories, but it also has a wealth of theory and philosophy which is written clearly enough for any level of experience and understanding'

- Heather Dale Senior Accredited Counsellor, Private Practice

'Together and alternately, they compare and contrast the underlying philosophies, theories and practices of each approach in a noble attempt to resolve the hostility and criticisms voiced by each side in the ongoing debate for supremacy. I recommend this book to experienced counsellors who are interested in extending their skills to both PCA and CBT and want a better and detailed understanding of the principles and processes of either'

- Therapy Today

'This book is a valuable contribution to the debate about CBT. Without eliding the very real points of difference the writers contribute to a broadening of understanding of both modalities' -

Steve Silverton, Core Process Psychotherapist in private practice, London

'The authors begin a long overdue rapprochement between these two well-founded models of psychological therapy by mainly focussing on the work of Carl Rogers and Albert Ellis. They present much helpful new thinking' -

Dr Frank Wills, Independent Cognitive Psychotherapist and Visiting Fellow, University of Wales Newport

About the Author

Roger Casemore is Senior Teaching Fellow and Director of Counselling courses at University of Warwick

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