



# Process Work in Person-Centred Therapy

*Richard Worsley*

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## **Process Work in Person-Centred Therapy** Richard Worsley

This unique and important book breaks new ground in the theory and practice of person-centred psychotherapy by focusing on the issue of process.

Process belongs to both client and counsellor. Worsley conceptualises process in relation to the core principles of the person-centred approach but also to the humanistic and phenomenological roots of person-centred therapy. Combining academic rigour with the wisdom of an experienced clinical practitioner, he opens up a more inclusive and integrative way of being with clients that nonetheless chimes with classical person-centred principles.

The book features:

- Activities and vivid case studies to illustrate and expand on the theoretical points being developed, allowing the reader to see easily how these might apply to practice.
- Engagement with theoretical approaches such as transactional analysis and Gestalt, as well as discussion of philosophy, spirituality and psychopathology.
- New discussion of the processes involved in mental illness, drawing on the work of Prouty and Warner to understand the client's world of experiencing.
- New material on the plural self and configurations of the self.

This is a book aimed principally at university students enrolled on courses in person-centred, humanistic, existential and integrative counselling and psychotherapy. It will also appeal to experienced practitioners wanting to refresh and deepen their understanding.

RICHARD WORSLEY is a person-centred therapist, supervisor and trainer at the University of Warwick, UK. Formerly Director of the Diploma in Humanistic Counselling at Tile Hill MA26, Coventry, he also has long experience working as an Anglican Priest. He is co-editor with Stephen Joseph of *Person-Centred Psychopathology: A Positive Psychology of Mental Health*.

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