



Brief Person-Centred Therapies (Brief Therapies series)

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‘This is a book that the person-centered psychotherapy community has been waiting for ... this book opens a creative space in which the ongoing conversation about therapeutic efficacy in times of shrinking resources can be successfully engaged’ - *Professor Maureen O’Hara, Chair, Department of Psychology, National University, La Jolla, California*

‘A wide-ranging and scholarly book which shows that person-centred therapy is fully alive to the challenges of the twenty-first century and is breaking new ground both clinically and theoretically’ - *Professor Brian Thorne, Emeritus Professor of Counselling, University of East Anglia*

“Likely to be of interest to anyone involved in counselling” -

Times Higher Education Magazine, May 2009

Can the person-centred approach work in time-limited psychotherapy and counselling? This is a question that many practitioners grapple with as demand for brief therapy increases - particularly in the public sector. **Brief Person-Centred Therapies** is the first book to tackle the subject, bringing together the experience and insights of a leading international team of person-centred therapists.

The book examines the philosophical and theoretical ‘fit’ between the person-centred approach and brief therapy. It also explores the issues which arise when working briefly in a range of different settings, including primary care, higher education, business, and prison, with couples and groups.

Brief Person-Centred Therapies is essential reading for all person-centred trainees and for practitioners who want to work in services where brief or time-limited work is required or favoured.

Keith Tudor is a UKCP registered psychotherapist, and has a private/independent practice in Sheffield offering therapy, supervision and consultancy.

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