The following books are recommended as desirable reading before and during the course. It is suggested that all trainees should read the first six books on this list before the course begins.

1. Mearns, D. and Thorne, B.  *Person-Centred Counselling in Action*  
   The first book on person-centred counselling written by British authors for world-wide distribution, and indeed the first fundamental textbook on person-centred counselling since Rogers *Client-Centered Therapy* in 1951. This is a profoundly practical book packed with illustrations from counselling practice. It has been widely acclaimed and re-printed many times since its original publication in 1988. This second edition contains new material and updated references.

2. Purton, C.  
   *Person Centred Therapy: the Focusing Oriented Approach*  
   Palgrave (2004)

3. Rogers, C. R.  
   *On Becoming a Person*  
   Boston: Houghton Mifflin 1961  
   Perhaps the most famous and influential of all Rogers’ books. It is a much more personal book than *Client Centered Therapy* and tackles some of the fundamental issues underlying the concept of growth and self actualization. It is also a moving account of psychotherapy through the experiencing of the therapist.

4. Gendlin, E. T.  
   *Focusing*  
   Eugene Gendlin was a close associate of Carl Rogers. This very readable book, which has sold nearly half a million copies, is, in effect, about the application of the core conditions to oneself - a profoundly therapeutic process which is central to person-centred therapy. A new British edition of the book is to be published by Random House Press in August 2003.
5. THORNE, B. **Carl Rogers**  
London: Sage 1992

This accessible book offers unique insights into Rogers’ own life and development, together with a clear exposition of his major theoretical ideas. A further feature is a detailed exploration of Rogers' actual way of working with clients as it has been recorded on audio-tape and film. The book also presents the controversial view that Rogers' profound influences on the development of counselling and psychotherapy throughout the world may owe much to the fact that he is a twentieth century 'secular' representative of a spiritual tradition that goes back centuries.

6. MEARNS, D. **Person-Centred Counselling Training**  
London, Sage, 1997

This is a highly readable and comprehensive exploration of person-centred training by the Director of the Counselling Unit at Strathclyde University. Dave Mearns knows the subject inside-out and his book will throw shafts of illumination on the counselling training experience you will have at UEA.

7. SANDERS, P. (ed) **The Tribes of the Person-Centred Nation : A guide to the schools of therapy associated with the Person-Centred Approach**  
PCCS Books  
Ross-on-Wye 2004

8. BARRETT-LENNARD, G. **Carl Rogers’ Helping System : Journey and Substance.**  
London, Sage, 1998

This is a monumental book which will undoubtedly become a classic. Barrett-Lennard charts the development of the person-centred approach from its early beginnings to the present day. You will find almost everything here including the prevailing historical, social and political backgrounds against which the approach has evolved.

9. GENDLIN, E.T. **Focusing-Oriented Psychotherapy**  

This book examines the moment-to-moment process of therapy, the ongoing client-therapist relationship, and the ways in which the therapist’s responses can stimulate and enable a client’s capacity for direct experience and ‘focusing’.

Open University Press 1990
A recently updated book which attempts to compare and contrast different approaches to therapy currently practised in Britain. Each chapter author (a leading practitioner of the particular approach described) has been required to write to the same format and to explore the same issues. The result is a most successful exercise in comparative analysis. Brian Thorne contributes the chapter on person centred therapy.

11. KIRSCHENBAUM, H. and HENDERSON, V. L. Carl Rogers Dialogues
   London: Constable 1990

This book consists of seven remarkable conversations between Carl Rogers and some of the great minds in philosophy and psychology. Included are discussions with Martin Buber, Paul Tillich, B F Skinner, Michael Polanyi and Gregory Bateson. There is also extended consideration of Rheinhold Niebuhr's The self and the dramas of history and an exchange between Rollo May and Rogers edited and published. The various dialogues overlap in interesting ways and explore a whole range of issues - the meaning of life and religion, the nature of knowledge, humanising and dehumanising, the healing relationship and the problem of evil.

12. KIRSCHENBAUM, H. and HENDERSON, V. L. The Carl Rogers Reader
    London: Constable 1990

This is a superb collection of Rogers' major writings and includes many articles from the later years as well as extracts from the well-known pioneering works. There are significant sections on therapy, personal growth, education, science, philosophy and social issues. Howard Kirschenbaum was Rogers' biographer and Valerie Henderson one of his closest associates.

13. LEVANT, R. and SHLIEN, J. (eds) Client Centered Therapy and the Person
    Boston: Praeger 1984

A very expensive book which might be best obtained through inter-library loan, though there is now a 1987 paperback edition which is not quite so expensive. Its significance lies in the fact that it gathers together thinking from all realms of the person-centred approach including person-centred counselling, research and management.

    London: Sage 1990

This book makes compulsive reading. Central to it are the personal accounts of individual clients and counsellors who each relate their own very different experiences of counselling. They explore such issues as identity, expectations, trust, power and boundaries. Each examines, too, the intensive personal meanings of 'success' or 'failure' in the client or counsellor role. It is a very moving book.
15. ROGERS, C. R.  
Client-Centered Therapy  
Boston : Houghton Mifflin 1951

The first major attempt by Rogers to describe his approach in detail. It draws extensively on interview material and much of it is as valid today as when it was first written. It contains the famous nineteen propositions.

16. ROGERS, C. R.  
Encounter Groups  
(also available as Penguin paperback 1985)

An excellent and very personal introduction to person-centred group work and especially to the process of the encounter group. Of particular interest is Rogers' exploration of the qualities required of a group facilitator and his discussion of the processes of change undergone by those who participate in encounter groups. This book offers an excellent preparation for those who have not previously been involved in person-centred contexts.

17. ROGERS,C.R. and STEVENS,B.(eds)  
Person to Person  
London: Souvenir Press 1973  
Reprinted 1992

The authorship of this book involves a unique collaboration between Carl Rogers and Barry Stevens (a woman) who is a writer and a living example of the humanistic approach to life. The book is built around seven papers which all start out from the assumption that the subjective human being has an importance and a value which is fundamental. The papers cover a variety of topics (including "abnormal" people and behaviour) but all are essentially about persons and the way through to empathic understanding. There are also contributions from Eugene Gendlin, John Shlien and Wilson Van Dusen.

18. DRYDEN, W. and THORNE, B. (eds)  
Training and Supervision for  
Counselling in Action  
London : Sage 1991

This book attempts to explore what is involved in the training and supervision of counsellors. It draws on the experience of numerous practitioners and, besides offering important theoretical considerations, conveys the excitement (and the confusion) of being a trainer or trainee, a supervisor or a supervisee. There are several contributions from PCT trainers and erstwhile trainees although the book is not solely concerned with the person-centred tradition.
19. MAY, R. M. 
Physicians of the Soul 
New York : Amity House 1988

This book focuses on the search for the self among the central spiritual teachings of the world. The author devotes a chapter each to the life and teachings of Lao Tzu (Taoism), Moses (Judaism), Jesus (Christianity), Gotama (Buddhism), Krishna (Hinduism), and Mohammed (Islam). Within each chapter, he carefully unpacks the seminal teachings of each master and adds his own experience of each tradition. In addition, he interprets all the doctrines allegorically so that the reader learns how each doctrine applies to the search for the self.

20. UPJOHN, S. 
In Search of Julian of Norwich 
London: Darton, Longman & Todd 1989

This is a kind of spiritual detective story. Who was Julian? Why has she suddenly become so famous? This fascinating illustrated exploration of Julian’s world – her city, her century and her remarkable book – the first written by a woman in English – uncovers the clues to the exciting mystery that is Julian. The book also indicates the relevance of Julian’s teachings to the therapeutic journey.

21. BRAZIER, D. (ED) 
Beyond Carl Rogers 
London, Constable, 1993

A group of the most innovative therapists in the tradition of Rogers have written a series of compelling essays, exploring new directions in therapeutic practice. The book is full of practical and theoretical insights and challenges.

22. THORNE, B. and DRYDEN, W. (Eds) 
Counselling : Interdisciplinary Perspectives, Milton Keynes, Open University Press, 1993

This book aims to demonstrate how great a tragedy it would be if counselling were to become the exclusive province of psychologists or medical practitioners. By inviting contributions from counsellors from a wide variety of backgrounds and academic disciplines the editors seek to show that "interdisciplinary perspectives" enrich and illustrate the practice of counselling and are indeed essential to those who are audacious enough to confront the complex mystery of human personality. There are chapters by Judy Moore and Campbell Purton of the Centre for Counselling Studies.

23. MERRY, T. 
Invitation to Person-Centred Psychology 
London, Whurr, 1995

This book offers a brief introduction to the person-centred view of human development and explores how the approach can be applied in education and other social contexts.
24. RENNIE, D.L.  

Person-Centred Counselling : An experiential approach  
London, Sage, 1998

This book contains powerful new ideas about person-centred theory and practice. Supported by intensive qualitative research into the client’s experience of counselling, the book highlights the significance and pervasiveness of reflexivity and explores surprising ways in which clients contribute reflexively to the counselling process.

25. THORNE, B.  

Person-centred Counselling and Christian Spirituality  
London, Whurr, 1998

This is the second volume of Brian Thorne’s “collected works” which contains a wealth of material illustrating his dual allegiance to the person-centred community and the liberal catholic wing of the Anglican Church. The first volume: Person-centred Counselling : Therapeutic and spiritual dimensions (also published by Whurr in 1991) is a similar collection of chapters and articles and has proved sufficiently popular to have been re-printed six times since publication.

26. THORNE, B. and LAMBERS, E. (eds)  

Person-Centred Therapy : a European Perspective,  
London, Sage, 1998

This book makes available for the first time in English some of the most significant theoretical ideas and practical applications of a distinguished group of contributors at the cutting edge of the approach. The book includes chapters by Brian Thorne, Judy Moore, Sarah Hawtin and Campbell Purton - all members of the UEA Centre for Counselling Studies.

27. WILKINS, P.  

Person-centred Therapy in Focus  (Counselling & Psychotherapy in Focus)  
Sage Publications Ltd 2002

28. MEARNS,D. and THORNE,B.  


This book contains much new thinking on the approach. It also addresses many of the issues presently confronting the psychotherapy and counselling profession as it evolves.

This is a collection of papers published during the past 7 years in the journal of the British Association for the Person-Centred Approach (BAPCA). It is full of fascinating contributions to both theory and practice. Judy Moore features among the contributors as does Suzanne Keys, a former member of the Diploma Course.


These four volumes look at Rogers' therapeutic conditions in depth through a series of essays by distinguished practitioners within the person-centred approach. The volumes in the series are Congruence (ed. Gill Wyatt), Empathy (ed. Sheila Haugh and Tony Merry), Unconditional Positive Regard (ed. Jarold Bozarth and Paul Wilkins) and Contact and Perception (ed. Gill Wyatt and Pete Sanders).


This is an intensely personal and moving book which covers many different aspects of person-centred work from the perspective of a distinguished American practitioner who is never afraid to be her own person. It makes admirable reading for someone on the threshold of training.


In this book Brian Thorne reflects on person-centred therapy as an essentially spiritual discipline. Brian writes from a Christian perspective, but suggests that the contemplative traditions in all religions have surprisingly close connections with the person-centred approach to therapy.


34. CAIN, D. J. Classics in the Person Centred Approach PCCS Books


36. KING-SPOONER, S. NEWNES, C. Spirituality and Psychotherapy PCCS Books
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<tr>
<td>37</td>
<td>LAGO, C. MACMILLAN, M.</td>
<td>Experiences in Relatedness: Groupwork and the Person-Centred Approach (eds)</td>
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<td>38</td>
<td>MACILLAN, M</td>
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<td>40</td>
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<td>Learning and Being in Person-Centred Counselling</td>
<td>PCCS Books 1999</td>
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<td>41</td>
<td>MOUSTAKAS, C.</td>
<td>Heuristic Research: Design, Methodology and Applications</td>
<td>Sage Publications (USA) 1990</td>
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Dibs is a child, Virginia Axline the child psychotherapist. This is the remarkable story of a person-centred practitioner and play therapist whose work demonstrates beyond all doubt the fallacy of the belief that person-centred therapy is suitable only for articulate, middle-class adults. It is a very moving book.

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