

**Book Review:**  
***Person-Centred Practice: Case Studies in  
Positive Psychology***  
**Edited by Richard Worsley and Stephen Joseph**

Title: *Person-Centred Practice: Case Studies in Positive Psychology*

Editors: Richard Worsley and Stephen Joseph

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Richard Worsley and Stephen Joseph have recently published *Person-Centred Practice: Case studies in Positive Psychology* (2007). This newest Worsley and Joseph-edited book is an 18-chapter complement to their 2005 publication *Person-Centred Psychopathology: A Positive Psychology of Mental Health*. Where *Person-Centred Psychopathology* set the theoretical, practical, and research groundwork for the practice of positive psychology, *Person-Centred Practice* provides case studies from globally recognized practitioners. It is in *Person-Centred Practice* that the psychotherapeutic arts by "... senior practitioners and theorists ... are illustrated, explained, and elaborated" (Worsley & Joseph, 2007, p. i).

Worsley and Joseph preface *Person-Centred Practice* by noting that person-centered theory has depth, has application to negative and positive psychological conditions, and is foundational to positive psychology. They note their new book stands independent from, yet related to, their former *Person-Centred Psychopathology*. The editors then progress as authors to Chapter 1 (*Case Studies and Positive Psychology*), where they discuss the rationale for the book in more detail, including the importance of: (1) understanding what we do, (2) doing what we do, (3) positive psychology, and (4) case studies. Worsley and Joseph also discuss the contents of the book and confidentiality.

Chapter 2, written by Alex Payne, is titled *Coming Full-Circle: Adopting and Relinquishing the Expert Stance as a Clinical Psychologist*. The

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author provides a personal look at his professional progression with his background, through his training, and in his practice. What a great addition this chapter could be to a mandatory reading list for all mental health students! It illuminates the pressures and struggles in finding one's professional client-centered self.

Chapter 3, titled *A Person-Centred Response to Eating Disorders: A Personal Experience*, is written by Matthew Campling. This chapter offers the case study of the author in an artful use of personal experience to illustrate research, theory, and practice. Gillian Proctor and Ann Regan provide Chapter 4, titled *From Both Sides: The Experience of Therapy*. This elegantly written chapter journals the back-and-forth experiences of both client and therapist within the therapeutic experience and chronicles their thoughts and feelings at the time of therapy.

Chapter 5, *Surviving Social Disadvantage: A Testimony to Courage*, is written by Tracey Sanders and June O'Brien. This chapter provides first-person, reflective essays from the client and the therapist on the therapeutic experience. The chapter ends with a reflective conclusion by the counselor.

Elaine Catterall is the author of Chapter 6: *Loss, Love and Maternal Distress*. Catterall presents clinical experiences with her client Josie (sometimes in detail and other times in general) and adds commentary on the therapeutic process. The author illustrates the skillful interweave of her person-centered presence with the issues of maternal depression presented by her client.

*The Barney-Bag: A Tacit Variable in the Therapeutic Relationship* is the title of Chapter 7, authored by Jerold D. Bozarth and Ann Glauser. This chapter includes counseling session transcripts and reflective commentary from the therapist, along with transcripts of a post-counseling-session client interview (the same client, but a third person interviewing). This approach provides an intriguing multidimensional perspective into the complexity of all three relationships.

Six chapters present case studies dealing with individuals exhibiting extreme symptoms. Jan Hawkins is the author of Chapter 8 (*Recovering from Childhood Sexual Abuse: Dissociative Processing*). Richard Worsley's Chapter 9 discusses *Diagnosis, Stuckness and Encounter: Existential Meaning in Long-Term Depression*. Barbara Krietemeyer and Garry Prouty provide Chapter 11, *The Art of Psychological Contact: The*

*psychotherapy of a mentally retarded psychotic client*, and Dion van Werde presents Chapter 12, *The Falling Man: Pre-Therapy Applied to Somatic Hallucinating*. Chapter 13, *Luke's Process: A Positive View of Schizophrenic Thought Disorder*, is provided by Margaret S. Warner. Each of these chapters is beautifully written and outlines the intense and meaningful therapeutic alliance that is formed between client and therapist.

*The Hallucination as the Unconscious Self*, Chapter 15, is written by Garry Prouty. This chapter is a mix of historical and theoretical discussion, illustrated by vignette transcripts. Chapter 10, authored by Martin van Kalmthout, is titled *The Derailment of a Spiritual Quest: The Case of Hans Sievez*. In a creative approach to his chapter, van Kalmthout hypothetically offers person-centered therapy to the protagonist of a best-selling novel.

Brian E. Levitt is the author of Chapter 14, titled *'I want to make sure that I'm understanding you': The impact of the non-directive attitude in Carl Rogers' demonstration interview with Gina*. This chapter offers the opportunity to explore transcripts and discussion of a previously unpublished 1983 demonstration interaction between Carl Rogers and "Gina."

Chapter 16 is titled *In Place of the Medical Model: Person-Centred Alternatives to the Medicalisation of Distress* and is written by Pete Sanders. After his introduction, Sanders discusses metaphor reassignment, a person-centred social model, and psychosocial models in action. The author provides a vignette and then outlines specific actions psychotherapists can take that work against the medicalization of distress.

In Chapter 17, Thomas G. Patterson and Stephen Joseph discuss *Outcome Measurement in Person-Centred Practice*. This chapter addresses the continuing pressure on clinicians to validate the effectiveness of their practices. The authors guide the reader toward identifying therapeutic change, deciding what to measure, and reviewing numerous scales for outcome assessment.

The editors, Stephen Joseph and Richard Worsley, provide the concluding Chapter 18: *Person-Centred Practice and Positive Psychology: Crossing the Bridges Between Disciplines*. They affirm the person-centered approach as a positive psychology, stress its meta-theoretical stance, and call for continuing person-centered research and training.

This book is an outstanding testament to the editors and contributing authors. It bridges disciplines, connects theory to practice, and demonstrates the person-centered approach across a broad continuum of psychological concerns. Each chapter is an intriguing, real-life application of the person-centered approach by highly skilled practitioners. What a great book, containing the essence of what we do in a well-written and clearly presented form.

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