

Developing Person-Centred Counseling.

Dave Mearns. (1994).

London: SAGE Publications.

139 pages. ISBN 0-8039-8981-4.

The book's intended readership is the experienced person-centered counselor, but it is clear and uncomplicated so that counselors at any level of functioning may benefit from it.

The author does an excellent job of clarifying some misconceptions commonly held by beginning counselors. Throughout the text are "key points" which provide guidance and food for thought. There are also case examples which concisely exemplify the topics being explored. The book could be useful to instructors of the Person-Centered Approach.

In addition to recapitulating the "tried and true," this book contains some relatively original sections on such topics as expanding the "contracts" in the counseling relationship and an entire section on person-centered approach to treatment of specific psychopathologies (contributed by Elke Lambers). It also discusses a brief counseling program implemented by contributor Brian Thorne.

The experienced practicing counselor might find some helpful reminders in the sections on therapeutic alliance and process. For clinical supervisors there are recommendations for monitoring and facilitating the development of person-centered counselor trainees.

Overall, the book is a refreshing presentation of new and old concepts of the Person-Centered Approach.

Reviewed by:

Chris Caldwell

Policy Statement

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