



Working at Relational Depth in Counselling and Psychotherapy

Dave Mearns, Mick Cooper

Download now

[Click here](#) if your download doesn't start automatically

Working at Relational Depth in Counselling and Psychotherapy

Dave Mearns, Mick Cooper

Working at Relational Depth in Counselling and Psychotherapy Dave Mearns, Mick Cooper

"

`this is a great, most important and, for the English-language readership, ground-breaking book. The subject of the book is of enormous interest and importance within and beyond the person-centered and experiential orientations in the whole field of psychotherapy and counselling, both in its practice and its theoretical development.

This great book had to be written. It presents an existential, phenomenological, dialogical approach at its best, and highlights the power of encounter relationship. This book does not only portray the state of the art of person-centered and experiential psychotherapies. Since many modalities develop in this direction - it is foundational for the realm of psychotherapy and counselling as such. The book is of enormous international interest; not only the international perspective on literature and development in the field, but also the cross-links of different views contribute to the development of psychotherapy and counselling and will be fruitful for interdisciplinary dialogue.

This book stands as a landmark. It will be very influential to theory and practice. If you don't read it, you will not be able to join in further discussion and theory and practice developments' - *Person-Centered and Experiential Psychotherapies*

`a bold, heart-felt and daring discourse on the issue of communication in the therapeutic encounter. Somebody needed to write a book such as this. Hopefully it will encourage us to examine more closely, and conduct more research upon, what happens between therapists and their clients' - ***Psychology and Psychotherapy***

Working at Relational Depth in Counselling and Psychotherapy is a ground breaking text, which goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', Dave Mearns and Mick Cooper describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence.

Drawing from their own practice, interviews with therapists and a diverse range of theoretical and empirical sources, the authors address the key question of how therapists can meet their clients at a level of relational depth. They show how different aspects of the therapist combine to facilitate a relationally-deep encounter, highlight the various personal 'blocks' which may be encountered along the way, and introduce new therapeutic concepts – such as 'holistic listening' – which can help therapists to meet their clients at this level.

Two powerful case studies – a client with a drink problem and a traumatized client – have been selected to illustrate key aspects of working at relational depth. Like many of the ideas discussed in this book, the case studies represent a challenge to conventional thinking about the therapist-client relationship and the nature of the therapeutic process.

Eagerly awaited by many counsellors and psychotherapists, **Working at Relational Depth in Counselling and Psychotherapy** is a source of fresh thinking and stimulating ideas about the therapeutic encounter which are relevant to trainees and practitioners of all orientations.

Dave Mearns is Professor of Counselling, University of Strathclyde. His previous books with SAGE include *Person-Centred Counselling in Action*, Second Edition (with Brian Thorne), *Developing Person-Centred Counselling*, Second Edition and *Person-Centred Counselling Training*. **Mick Cooper** is Senior Lecturer in Counselling, University of Strathclyde. His previous publications include *Existential Therapies* (SAGE Publications, 2003).

"

 [Download Working at Relational Depth in Counselling and Psy ...pdf](#)

 [Read Online Working at Relational Depth in Counselling and P ...pdf](#)

Download and Read Free Online Working at Relational Depth in Counselling and Psychotherapy

Dave Mearns, Mick Cooper

From reader reviews:

Richard Williams:

Book is written, printed, or illustrated for everything. You can learn everything you want by a reserve. Book has a different type. As we know that book is important thing to bring us around the world. Beside that you can your reading expertise was fluently. A guide Working at Relational Depth in Counselling and Psychotherapy will make you to be smarter. You can feel a lot more confidence if you can know about everything. But some of you think in which open or reading a book make you bored. It isn't make you fun. Why they could be thought like that? Have you looking for best book or appropriate book with you?

Gina Melton:

This book untitled Working at Relational Depth in Counselling and Psychotherapy to be one of several books this best seller in this year, this is because when you read this publication you can get a lot of benefit into it. You will easily to buy this book in the book retailer or you can order it via online. The publisher with this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smart phone. So there is no reason for you to past this publication from your list.

Tracy Gardiner:

Reading a book for being new life style in this calendar year; every people loves to read a book. When you study a book you can get a lot of benefit. When you read books, you can improve your knowledge, since book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your study, you can read education books, but if you want to entertain yourself look for a fiction books, this kind of us novel, comics, and also soon. The Working at Relational Depth in Counselling and Psychotherapy provide you with new experience in reading through a book.

Blair Chappell:

A lot of book has printed but it takes a different approach. You can get it by world wide web on social media. You can choose the most effective book for you, science, comedy, novel, or whatever by simply searching from it. It is known as of book Working at Relational Depth in Counselling and Psychotherapy. You can include your knowledge by it. Without leaving the printed book, it may add your knowledge and make an individual happier to read. It is most important that, you must aware about e-book. It can bring you from one location to other place.

**Download and Read Online Working at Relational Depth in
Counselling and Psychotherapy Dave Mearns, Mick Cooper
#EDOUVAGRKHQ**

Read Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper for online ebook

Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper books to read online.

Online Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper ebook PDF download

Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper Doc

Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper Mobipocket

Working at Relational Depth in Counselling and Psychotherapy by Dave Mearns, Mick Cooper EPub