



Person-Centred Therapy: The Focusing-Oriented Approach

Campbell Purton

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Since its beginnings in the 1950s, the person-centred approach to therapy has developed in many ways. In this important new text, Campbell Purton introduces the 'focusing' approach of Eugene Gendlin. The book discussed Gendlin's theoretical innovations and their implications for clinical practice. It throws light on the relationship between the various schools of therapy, and on the relationship between therapy and such areas as ethics and spirituality. It will be essential reading for students and practioners of person-centred therapy.

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