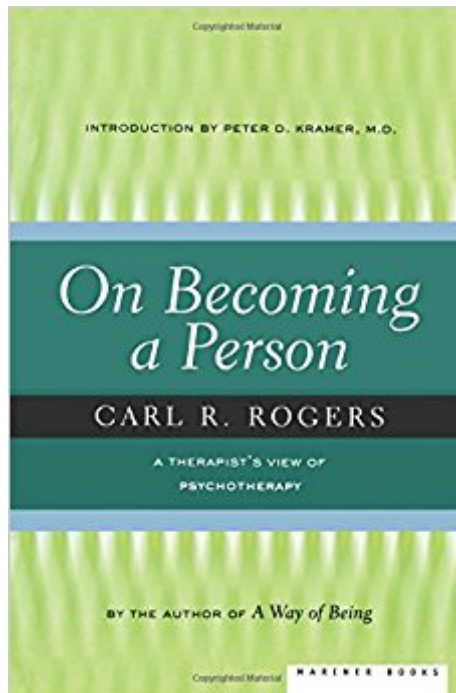




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On Becoming A Person: A Therapist's View Of Psychotherapy



Synopsis

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

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Customer Reviews

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of client-centered therapy. His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. Houghton Mifflin is delighted to introduce this preeminent psychologist to the next generation with a new edition of this landmark book.

Carl Rogers(1902-1987) was one of the most influential psychologists in American history. He received many honors, including the first Distinguished Professional Contributor Award and the

Distinguished Scientific Contribution Award of the American Psychological Association.

Not finished yet, but already has changed my thinking regarding how I deal with people and choose to help others. I highly recommend this. Outstanding open source supplemental resource for educating students on the humanistic perspective of counseling. You will not get such amazing detailed explanation for the client-centered/humanistic perspective like this in any academic traditional textbook.

I'm a humanist, so one person told me that I should read the work of Carl Rogers, so I've found this book. At the beginning I felt the book a little "intense" in content, but as I advanced in the lecture I've found very informative and enrichment information. Every one of us wants to have a better life, and this is only acquired when you intentionally grow, but in order to grow you need to have balance in your life to be coherent so you'll become a person. If you really like to read I certainly recommend you this book. If you would rather something shorter or a "light reading" look for something else.

Insightful and brilliant. Written for anyone to read, and can be useful for everyone seeking to understand or improve their understanding of another, not just therapists.

One of the best and most thorough books that I have yet read on the topic of psychotherapy. If you have not read any of Roger's work, and you are interested in counseling, therapy, etc. pick up this book, you will not regret it.

I am currently rereading this book and find new insights and new ways that his careful, thoughtful, gentle, and intelligent style is informing my own work with my patients. Unlike so many writers in this field, he is simple, straightforward, clear, and never so arrogant as to say 'This is the right way' but only 'This is the way I see it, or have found it to be.' He is one of the few therapists I have read, where I am constantly thinking about what he says in terms of my own patients and how I might see them and our interaction differently.

Carl Rogers was a noted therapist who found a new way to talk to his patients, lowering their hostility and finding inroads to communication. In this long-famous book, *ON BECOMING A PERSON*, we see his theories at practical work and see how we may incorporate his teachings into our own lives, whether speaking to family, friends or foes. Especially good in speaking to teenagers!

Kudos.

It's amazing how this 40+ year old book still has relevance today. Rogers provides clear reasoning and sound arguments for his beliefs, though this reader walked away wondering if Rogers believed that one can only become a person through therapy. I would love someone to take the gist of Rogers' thinking and apply this to the bulk of the population. Warning: the eBook version contains numerous typos, some of which are quite disconcerting. Whoever converted this old text to the Kindle format should be admonished for their sloppy work. I would have rated the book lower because of these errors, but felt to do so was unfair to the author.

An absolute classic for anybody in the field of behavioural sciences, and also for the layperson who wants to understand him/herself better.

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