

On Becoming A Person

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On Becoming a Person

A Therapist's View of Psychotherapy

On Becoming a Person

A Therapist's View of Psychotherapy *Peter Smith Pub Incorporated*

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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A Therapist's View of Psychotherapy HarperCollins

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.

On Becoming a Person Hachette UK

In this book, one of America's most distinguished psychologists describes his experiences in helping people to discover the path to personal growth through an understanding of their own limitations and potential. What is personal growth? Under what conditions is it possible? How can one person help another? What is creativity, and how can it be fostered? These are some of the issues raised, which challenge many concepts of traditional psychology. Contemporary psychology derives largely from the experimental laboratory, or from Freudian theory. It is preoccupied with minute aspects of animal and human behaviour, or with the mentally ill. But there are rebels, of whom the author counts himself as one, along with Gordon Allport, Abraham Maslow and Rollo May, who feel that psychology and psychiatry should be aiming higher, and be more concerned with growth and potentiality in man. The interest of such a psychology is in the production of harmoniously mature individuals, given that we all have qualities and possibilities infinitely capable of development. Successful development makes us more flexible in relationships, more creative, and less open to suggestion and control. This book, philosophical and provocative, summarizes Dr Rogers' experience. Non-technical in its language, it is not only for psychologists and psychiatrists, but for teachers and counsellors, religious and social workers, labour-management specialists and anyone interested in 'becoming'.

Becoming a Person Martino Fine Books

2015 Reprint of 1954 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. Carl Rogers was among the founders of the humanistic approach (or client-centered approach) to psychology. The person-centered approach, his own unique approach to understanding personality and human relationships, found wide application in various domains such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. These two lectures, first delivered in 1954, comprise the core of his teachings. In 1961 his shorter works would be collected and published as "On Becoming a Person." Contents: Some Hypotheses Regarding the Facilitation of Personal Growth What It Means to Become a Person

Active Listening Mockingbird Press

Active Listening is a short 1957 work by Drs. Carl R. Rogers and Richard E. Farson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the "client-centered" approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farson to continue his studies with him at the University of Chicago. Farson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later appointed as the founding dean of the California Institute of the Arts School of Design and served as president of the Esalen Institute. Drs. Rogers and Farson collaborated on many projects, including 1957's Active Listening. They also led a 16-hour group therapy session that was recorded and released as a film called Journey Into Self. The film won the 1968 Academy Award for Best Documentary. Active Listening describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them, in order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farson put it,

"It takes a great deal of inner security and courage to be able to risk one's self in understanding another." In contrast to many psychological texts, Active Listening is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farson's ideas about client-centered psychology are used in clinical practice today.

On Becoming a Teacher Springer Science & Business Media

Students deserve great teachers and learning to become a great teacher is a lifelong journey. On Becoming a Teacher guides both the new and experienced teacher through the exhilarating process of learning to educate students in a way that makes a lasting impact on their lives. Dr. Kearney leads the reader through the process of understanding what lies at the foundation of great teaching, loading each essay with ready-for-classroom use applications and challenging ideas. This book is designed to encourage the reader to think deeply about all aspects of education, while instilling, or rekindling, the excitement, enthusiasm, and teaching excellence shared by all great teachers. Written in conversational essay form and supplemented with discussion and reflection questions, this brief book would make an ideal classroom text for student teaching and education seminars. Whether you aspire to teaching excellence at the elementary school, middle school, high school, or collegiate level, On Becoming a Teacher is a must read. Author Bio: Edmund M. Kearney, Ph.D. is Professor of Psychology at Lewis University. Dr. Kearney has won numerous teaching awards over the past 20 years, including being named the “Teacher of the Year” at the Chicago School of Professional Psychology, the Lasallian Educator of the Year for teaching excellence at Lewis University, and the St. Miguel Febres Cordero Award winner for excellence in scholarship at Lewis University. Dr. Kearney’s specialty areas in psychology include cognition, special education, child and adolescent assessment, and the scholarship of teaching and learning.

A Way of Being Houghton Mifflin Harcourt

Written by the founder of humanistic psychology, Rogers traces his personal and professional life from the 1960s to the 1980s, and offers new insights into client-centered therapy.

Becoming a Man

The Story of a Transition Simon & Schuster

A “scrupulously honest” (O, The Oprah Magazine) debut memoir that explores one man’s gender transition amid a pivotal political moment in America. Becoming a Man is a “moving narrative [that] illuminates the joy, courage, necessity, and risk-taking of gender transition” (Kirkus Reviews). For fifty years P. Carl lived as a girl and then as a queer woman, building a career, a life, and a loving marriage, yet still waiting to realize himself in full. As Carl embarks on his gender transition, he takes us inside the complex shifts and questions that arise throughout—the alternating moments of arrival and estrangement. He writes intimately about how transitioning reconfigures both his own inner experience and his closest bonds—his twenty-year relationship with his wife, Lynette; his already tumultuous relationships with his parents; and seemingly solid friendships that are subtly altered, often painfully and wordlessly. Carl “has written a poignant and candid self-appraisal of life as a ‘work-of-progress’” (Booklist) and blends the remarkable story of his own personal journey with incisive cultural commentary, writing beautifully about gender, power, and inequality in America. His transition occurs amid the rise of the Trump administration and the #MeToo movement—a transition point in America’s own story, when transphobia and toxic masculinity are under fire even as they thrive in the highest halls of power. Carl’s quest to become himself and to reckon with his masculinity mirrors, in many ways, the challenge before the country as a whole, to imagine a society where every member can have a vibrant, livable life. Here, through this brave and deeply personal work, Carl brings an unparalleled new voice to this conversation.

Coach the Person, Not the Problem

A Guide to Using Reflective Inquiry Berrett-Koehler Publishers

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: thoughtfully reflecting clients' words and expressions back to them so they see themselves and their world through new eyes. “Coaches rely far too much on asking open-ended questions,” says Marcia Reynolds. But questions only seek answers—inquiry provides insight. When, instead of just questions, clients hear their thoughts, opinions, and beliefs spoken by someone else, it prompts them to critically consider how their thinking affects their goals. Reynolds cites the latest brain science to show why reflective inquiry works and provides techniques, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unwrap the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients feel safe, seen, and valued for who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

On Becoming a School Leader

A Person-centered Challenge ASCD

Explores the significance of person-centered thinking for leadership in education.

Psychology and the Human Dilemma *W. W. Norton & Company*

Selected essays on such topics as freedom, responsibility, anxiety, and psychotherapy probe the problems faced by contemporary man

On Becoming Carl Rogers

On Becoming a Psychotherapist *Routledge*

Why do people want to become a psychotherapist? How do they translate this desire into reality? On Becoming a Psychotherapist explores these and related questions. Ten leading therapists write about their profession and their careers, examining how and why they became psychotherapists. The contributors, representing a wide cross-section of their profession, come from both Britain and America, from different theoretical backgrounds, and are at different stages in their careers. They write in a personal and revealing way about their childhoods, families, colleagues, and training. This absorbing and fascinating book offers a fresh perspective on psychotherapy and the people attracted to it. This Classic Edition of the book includes a new introduction written by the authors and will be invaluable for qualified psychotherapists and those in training.

Person to Person

The Problem of Being Human *Legare Street Press*

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A Therapist's View of Personal Goals

2021 Reprint of the 1960 Edition. Facsimile of the original edition and not reproduced with Optical Recognition Software. In this essay, delivered as an address at Haverford College, Pennsylvania in 1959, Rogers discusses man's purpose and goal in life. In his therapeutic work Rogers sees clients take such directions as: away from facades; away from "oughts"; away from meeting expectations; away from pleasing others; toward being a process; toward being a complexity; toward openness to experience; toward acceptance of others; toward trust of self. Given a therapeutic climate of warmth, acceptance, and empathic understanding, the client moves from what he is not toward "being," toward becoming that which he inwardly and actually is. Quoting Kierkegaard, "to be that self which one truly is." A worthy goal indeed.

Becoming a Man

Half a Life Story *Open Road Media*

The National Book Award-winning coming-out memoir. “One of the most complex, moral, personal, and political books to have been written about gay life” (LA Weekly). Paul Monette grew up all-American, Catholic, overachieving . . . and closeted. As a child of the 1950s, a time when a kid suspected of being a “homo” would routinely be beaten up, Monette kept his secret throughout his adolescence. He wrestled with his sexuality for the first thirty years of his life, priding himself on his ability to “pass” for straight. The story of his journey to adulthood and to self-acceptance with grace and honesty, this intimate portrait of a young man’s struggle with his own desires is witty, humorous, and deeply felt. Before his death of complications from AIDS in 1995, Monette was an outspoken activist crusading for gay rights. Becoming a Man shows his courageous path to stand up for his own right to love and be loved. This ebook features an illustrated biography of Paul Monette including rare images and never-before-seen documents from the Paul Monette papers of the UCLA Library Special Collections.

Becoming Partners

Marriage and Its Alternatives *Constable & Robinson*

An exploration and discussion of the relationship between man and woman. Couples talk about the intimate details of their relationship and express their innermost feelings. Carl Rogers is the innovator of client-centred therapy. In this book he takes an objective position.

On Becoming a Psychotherapist

The Personal and Professional Journey *Oxford University Press*

On Becoming a Psychotherapist explores how psychotherapists develop as practitioners through both professional training and the training that can only be obtained through personal experience.

The Extended Mind *MIT Press*

Leading scholars respond to the famous proposition by Andy Clark and David Chalmersthat cognition and mind are not located exclusively in the head.

Should You Leave? *Simon and Schuster*

In his phenomenal bestseller Listening to Prozac, Peter Kramer explored the makeup of the modern self. Now, in his superbly written new book, he focuses his intelligent, compassionate eye on the complexities of partnerships and why intimacy is so difficult for us. With the art of a novelist and the skill of a brilliant psychiatrist, Kramer addresses advice seekers struggling with such complex questions as: How do we choose our partners? How well do we know them? How do mood states affect our assessment of them and theirs of us? What does “working on a relationship” truly entail? When should we try to improve a relationship, and when should we leave? Equally at home with Shakespeare, Emerson, and Kierkegaard as it is with Freud and Jung, Should You Leave? is a literary tour de force from a uniquely insightful observer and a profoundly resonant and helpful approach to resolving dilemmas of the heart.

Carl Rogers on Encounter Groups

The Therapeutic Relationship and Its Impact

A Study of Psychotherapy with Schizophrenics *Praeger*

I'm So Effing Tired

A Proven Plan to Beat Burnout, Boost Your Energy, and Reclaim Your Life *Houghton Mifflin*

EXHAUSTION DOESN'T HAVE TO BE YOUR NEW NORMAL

Choose Possibility

Take Risks and Thrive (Even When You Fail) *HarperCollins*

Wall Street Journal bestseller | An indispensable guide to decision-making and risk-taking for anyone who finds themselves afraid of making a wrong choice in their career. This fresh, new approach comes from one of the most highly regarded and well-respected female tech executives in Silicon Valley, who made many wrong choices in her career, but learned how to turn those down moments into successes. Life is made up of a series of choices. What do you do if one of those choices turns out poorly, especially if it was carefully considered? How do you trust your instinctive decision-making skills and make the next right choice? How do you continue to take risks when, suddenly, your risks are not working out? Sukhinder Singh Cassidy is one of the most highly regarded and well-respected female tech executives in Silicon Valley, but she'll be the first to admit that her path to success has been far from linear. She started three companies that have done exceedingly well, including theBoardlist (an organization designed to promote and place women onto corporate boards), and she just served as president of StubHub, which sold earlier this year for \$4 billion. But she's also encountered plenty of poor choices, misfires, unexpected headwinds, and all other types of pitfalls that she had to learn how to confront, analyze, navigate, and incorporate into her new path forward. From her own experience, she knows that personal success does not come from making one singular “correct” or “big” decision. Rather, long-range success comes from tackling numerous choices that are aimed to optimize future possibilities. Singh Cassidy's “seven myths of success,” as well as her advice on how to make FOMO into your friend, multiply your “bets” in life, and understand why you shouldn't be blinded by “passion bias,” all provide an entirely new way to approach risk-taking and achieve lasting success.

Schopenhauer's Porcupines

Intimacy And Its Dilemmas: Five Stories Of Psychotherapy *Basic Books*

The classic compilation of psychological case studies from a master clinician and lyrical writer Each generation of therapists can boast of only a few writers likeDeborah Luepnitz, whose sympathy and wit shine in her fine, luminous prose. In Schopenhauer's Porcupines, she recounts five true stories from her practice, stories of patients who range from the super-rich to the destitute, who grapple with panic attacks, psychosomatic illness, marital despair, and sexual recklessness. Intimate, original, and triumphantly funny, Schopenhauer's Porcupines goes further than any other book in illuminating "how talking helps."

The Carl Rogers Reader *Houghton Mifflin Harcourt*

Selected from a body of Rogers' work, essays deal with his approach to psychotherapy, theory and research, and philosophies.

The Rubber Brain

A toolkit for optimising your study, work, and life! *Australian Academic Press*

Failed an exam, bungled an interview, screwed up a relationship, broken your diet, or stuffed up at work? Yur brain is the key to getting back on track. Change your life for the better. Learn how to ‘rubberise’ your brain, making it more flexible and resilient. Deal with challenges in an optimal way, and ‘bounce’ back from adversity. Your brain controls your conscious thoughts and behaviours, like deciding whether to study or party, or whether to get

two scoops of gelato or six. And when you find yourself doing things that you wish you hadn’t done (like all that gelato), it’s likely your brain has indulged in what psychological scientists call suboptimal thinking. Essentially, your brain doesn't always deliver the kind of thinking that leads to desired positive outcomes, such as maintaining supportive friendships, and doing well in your work, studies and social life. But you and your brain can do better. In this book, five leading psychological educators show you simple tools derived from solid science covering everything from positive psychology to goal setting, from mindfulness to CBT, and from emotional regulation to moral reasoning, to optimise your thinking. Using a model they have developed over years of study and application you can discover how resilience and psychological flexibility combine to allow you to choose ways of thinking in response to different situations that will produce the best outcome for you for that situation. Read this book and learn how to optimally tackle issues of motivation, stress, time-management, and relationship maintenance. Your mind will be clearer and your life better.

Counseling and Psychotherapy Theories in Context and Practice

Skills, Strategies, and Techniques *John Wiley & Sons*

Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

The Gift of Therapy

An Open Letter to a New Generation of Therapists and Their Patients *Harper Collins*

Acclaimed author and renowned psychiatrist Irvin D. Yalom distills thirty-five years of psychotherapy wisdom into one brilliant volume. The culmination of master psychiatrist Dr. Irvin D. Yalom’s more than thirty-five years in clinical practice, The Gift of Therapy is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of Love’s Executioner shares his uniquely fresh approach and the valuable insights he has gained—presented as eighty-five personal and provocative “tips for beginner therapists,” including: •Let the patient matter to you •Acknowledge your errors •Create a new therapy for each patient •Do home visits •(Almost) never make decisions for the patient •Freud was not always wrong A book aimed at enriching the therapeutic process for a new generation of patients and counselors, Yalom’s Gift of Therapy is an entertaining, informative, and insightful read for anyone with an interest in the subject.

Significant Aspects of Client-Centered Therapy *Createspace Independent Pub*

Psychology Classics: Significant Aspects of Client-Centered Therapy Widely regarded as one of the most influential psychologists of all time, Carl Rogers was a towering figure within the humanistic movement towards person centered theory and non-directive psychotherapy. Originally published in 1946 his classic article Significant Aspects of Client-Centered Therapy is essential reading for anybody interested in psychotherapy and counseling. In this landmark publication Carl Rogers outlines the origins of client-centered therapy, the process of client-centered therapy, the discovery and capacity of the client and the client-centered nature of the therapeutic relationship. Bonus Material: Significant Aspects of Client-Centered Therapy builds upon some of Carl Rogers' previously published work. Among the most notable of these earlier works were The Processes of Therapy and The Development of Insight in A Counseling Relationship; both of which are also presented in full. Significant Aspects of Client-Centered Therapy has been produced as part of an initiative by the website All About Psychology to make important psychology publications widely available. www.all-about-psychology.com

The Making of a Therapist *W. W. Norton & Company*

Lessons from the personal experience and reflections of a therapist. The difficulty and cost of training psychotherapists properly is well known. It is far easier to provide a series of classes while ignoring the more challenging personal components of training. Despite the fact that the therapist's self-insight, emotional maturity, and calm centeredness are critical for successful psychotherapy, rote knowledge and technical skills are the focus of most training programs. As a result, the therapist's personal growth is either marginalized or ignored. The Making of a Therapist counters this trend by offering graduate students and beginning therapists a personal account of this important inner journey. Cozolino provides a unique look inside the mind and heart of an experienced therapist. Readers will find an exciting and privileged window into the experience of the therapist who, like themselves, is just starting out. In addition, The Making of a Therapist contains the practical advice, common-sense wisdom, and self-disclosure that

practicing professionals have found to be the most helpful during their own training.The first part of the book, 'Getting Through Your First Sessions,' takes readers through the often-perilous days and weeks of conducting initial sessions with real clients. Cozolino addresses such basic concerns as: Do I need to be completely healthy myself before I can help others? What do I do if someone comes to me with an issue or problem I can't handle? What should I do if I have trouble listening to my clients? What if a client scares me?The second section of the book, 'Getting to Know Your Clients,' delves into the routine of therapy and the subsequent stages in which you continue to work with clients and help them. In this context, Cozolino presents the notion of the 'good enough' therapist, one who can surrender to his or her own imperfections while still guiding the therapeutic relationship to a positive outcome. The final section, 'Getting to Know Yourself,' goes to the core of the therapist's relation to him- or herself, addressing such issues as: How to turn your weaknesses into strengths, and how to deal with the complicated issues of pathological caretaking, countertransference, and self-care.Both an excellent introduction to the field as well as a valuable refresher for the experienced clinician, The Making of a Therapist offers readers the tools and insight that make the journey of becoming a therapist a rich and rewarding experience.

How Emotions Are Made

The Secret Life of the Brain *HarperCollins*

Preeminent psychologist Lisa Barrett lays out how the brain constructs emotions in a way that could revolutionize psychology, health care, the legal system, and our understanding of the human mind. “Fascinating . . . A thought-provoking journey into emotion science.”—The Wall Street Journal “A singular book, remarkable for the freshness of its ideas and the boldness and clarity with which they are presented.”—Scientific American “A brilliant and original book on the science of emotion, by the deepest thinker about this topic since Darwin.”—Daniel Gilbert, best-selling author of Stumbling on Happiness The science of emotion is in the midst of a revolution on par with the discovery of relativity in physics and natural selection in biology. Leading the charge is psychologist and neuroscientist Lisa Feldman Barrett, whose research overturns the long-standing belief that emotions are automatic, universal, and hardwired in different brain regions. Instead, Barrett shows, we construct each instance of emotion through a unique interplay of brain, body, and culture. A lucid report from the cutting edge of emotion science, How Emotions Are Made reveals the profound real-world consequences of this breakthrough for everything from neuroscience and medicine to the legal system and even national security, laying bare the immense implications of our latest and most intimate scientific revolution.

50 Psychology Classics

Who We Are, How We Think, What We Do: Insight and Inspiration from 50 Key Books *Hachette UK*

Explore the key wisdom and figures of psychology's development over 50 books, hundreds of ideas, and a century of time.

Discovering the Brain *National Academies Press*

The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In Discovering the Brain, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the "Decade of the Brain" by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. Discovering the Brain is based on the Institute of Medicine conference, Decade of the Brain: Frontiers in Neuroscience and Brain Research. Discovering the Brain is a "field guide" to the brain--an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention--and how a "gut feeling" actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the "Decade of the Brain," with a look at medical imaging techniques--what various technologies can and cannot tell us--and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers--and many scientists as well--with a helpful guide to understanding the many discoveries that are sure to be announced throughout the "Decade of the Brain."

The Therapeutic Relationship *John Wiley & Sons*

This text provides coverage of the uses and abuses of the therapeutic relationship in counselling, psychology, psychotherapy and related fields. It provides a framework for integration, pluralism or deepening singularity with reference to five kinds of therapeutic relationship potentially available in every kind of counselling or psychodynamic work. The work incorporates training and supervision perspectives and examples of course design, uses in assessment and applications to group and couples as well as to organizations. Dealing with an issue of increasing complexity, the book should be of value and significance to psychotherapists, psychoanalysts, clinical and counselling psychologists and other professionals working in the field of helping human relationships such as doctors, social workers, teachers and counsellors.

Quiet

The Power of Introverts in a World That Can't Stop Talking *Crown*

#1 NEW YORK TIMES BESTSELLER • Experience the book that started the Quiet Movement and revolutionized how the world sees introverts—and how

introverts see themselves—by offering validation, inclusion, and inspiration “Superbly researched, deeply insightful, and a fascinating read, Quiet is an indispensable resource for anyone who wants to understand the gifts of the introverted half of the population.”—Gretchen Rubin, author of The Happiness Project NAMED ONE OF THE BEST BOOKS OF THE YEAR BY People • O: The Oprah Magazine • Christian Science Monitor • Inc. • Library Journal • Kirkus Reviews At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts—Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak—that we owe many of the great contributions to society. In Quiet, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. She also introduces us to successful introverts—from a witty, high-octane public speaker who recharges in solitude after his talks, to a record-breaking salesman who quietly taps into the power of questions. Passionately argued, impeccably researched, and filled with

indelible stories of real people, Quiet has the power to permanently change how we see introverts and, equally important, how they see themselves. Now with Extra Libris material, including a reader’s guide and bonus content

Carl Rogers on Personal Power *Arrow Books*

To anyone interested in psychology or sociology or politics or morality, Rogers will give a new dimension of awareness. The Month

The Effective Teacher

A Person-centred Development Guide