

Psychosynthesis Counselling in Action / Diana Whitmore / 2013 / 232 pages / 9781446293041 / SAGE, 2013

Psychosynthesis Counselling in Action Paperback " 19 November 2013. by Diana Whitmore (Author). See all formats and editions Hide other formats and editions. The book outlined a thorough methodology that explains and enlightens. I would have liked to see a list of questions or perhaps a mind map that someone can reflect upon. But overall, I enjoyed reading it specially that I didn't have much knowledge about the topic before. Psychosynthesis Counselling in Action is the definitive introduction to the principles and techniques of the approach. Demonstrating the need for people to find a more positive meaning to their lives, Diana Whitmore guides the reader through the four main stages of the counselling journey, explaining how the wide range of practical methods can be tailored to different client needs. This Fourth Edition includes: Three new chapters a new case study chapter and two appendices on the application of psychosynthesis in the coaching field and in youth work. New content on positive psychology and the Whitmore, Diana (2004) Psychosynthesis Counselling in Action, Third Edition, London, Sage Publications. This book is a 'breath of fresh air'. The ease with which Diana writes, and the visual images she portrays, gives us a direction forward into our own healing and the immanent healing of our planet. This book is about Psychosynthesis Counselling and Diana gives us the natural assumptions, showing us the unfolding skills and interplay between the counsellor and the client. She showers us with the practical skills necessary for a therapeutic relationship and includes the space of true acceptance, a practice said to be extremely rare.