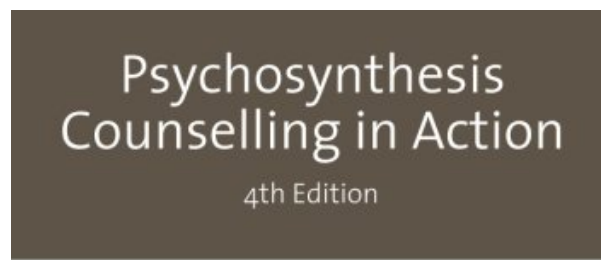


PSYCHOSYNTHESIS COUNSELLING IN ACTION (COUNSELLING IN ACTION SERIES) BY DIANA WHITMORE



Diana Whitmore



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Psychosynthesis Counselling in Action

4th Edition

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Review

A most useful and valuable text eagerly devoured in one long sitting! For someone wanting to get to grips with the scope, depth and subtlety of psychosynthesis counselling, this is a carefully thought out introduction. The way the material is presented enables the reader meeting Psychosynthesis for the first time a good overview of its theory, practice and potential. It also presents the more familiar reader with the perspective and experience of a seasoned practitioner, offering up food for thought in the issues posed and the clarity with which they are written about. (Ian Townsend)

A clear introduction to the basic principles of traditional psychosynthesis, and to the thinking of Roberto Assagioli - one of the key figures of transpersonal psychology.

(Sarah Van Gogh)

Psychosynthesis in Action is a must read for all coaches wishing to Transcend and go beyond the everyday, into a realm of meaning and purpose and to be Present to themselves and to their clients - Psychosynthesis is the foundation from which Transpersonal Coaching was birthed. As Diana Whitmore writes, "Psychosynthesis maintains that the transpersonal is evolutionary in the sense of moving us forward, being our next step in manifesting our potential", so relevant to coaching which looks to the future and emerging potential. (Emma Farr Rawlings Ph.D., MCC, MFT)

It's not surprising that Diana Whitmore's book is now in its forth edition as she does full justice to her subject. Celebrating 25 years since its first publication, new material in this edition evidences psychosynthesis and the application of the approach to performance coaching and youth work... This book is straightforward and a good introduction to psychosynthesis. (Trudi Dargan, Counsellor)

About the Author

Lady Diana Whitmore MAEd, Founder, Teens and Toddlers UK

Diana is the Chief Executive of Teens and Toddlers UK. She is co-chair of the Trustee Board of the Psychosynthesis and Education Trust and is one of the UK's leading trainers of counselling and psychotherapy. She is also a UKCP registered psychotherapist, a BACP Accredited Supervisor and has been responsible for curriculum development of accredited programmes for some 35 years and for the provision of professional training and development for counsellors, psychotherapists and youth workers. Diana has been a member of the trustee board of the Findhorn Foundation for the past 16 years. Diana is also the author of *Psychosynthesis in Education: A Guide to the Joy of Learning*.

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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 therapeutic relationship.
- Updated chapters on diagnosis and assessment and counselling process.
- Enhanced pedagogy and new case studies.

It is vital reading for those seeking an introduction to psychosynthesis, as well as practitioners of other orientations who wish to incorporate this approach into their own therapeutic work.

Lady Diana Whitmore, MAEd is Chief Executive and a founding Director of Teens and Toddlers UK.

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excellent book

By Mohamad Hajjar

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.

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