



# The Practice of Person-Centred Couple and Family Therapy

*Charles J. O'Leary*

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## **The Practice of Person-Centred Couple and Family Therapy** Charles J. O'Leary

In *The Practice of Person Centred Couple and Family Therapy*, Charles O'Leary offers a rich description of relationship therapy that draws on the resources of both person-centred psychotherapy and systemic and family therapy to present a skilful, respectful and empathic approach to working with couples and families.

Grounded in detailed descriptions of client goals and predicaments, the book takes an inside look at the therapist's options and decision-making with both clarity and compassion. Written in a refreshing, lively and personal style, the book:

- Provides an abundance of ideas and techniques relevant to each step of the therapeutic process.
- Addresses the complexity of family and couple therapy, including chapters on working with same-sex couples and working with children and adolescents.
- Offers humanistic depth and breadth to a challenging area of practice, with a strong value base and a philosophy that always privileges the client's viewpoint.

Clear, concise, and highly readable, this is a vital, thought-provoking text for students, trainees and practitioners of counselling and psychotherapy working with couples and families.

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