Person-centred communication
Theory and Practice 1998
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Person-centred communication offers helping professionals an understanding of the theory, practice, and value base that underline a person-centred approach in helping people. It is a in depth discussion of a person-centred manner about people (individuals, groups and communities).

The book is divided into five sections, with the underlining proposition that in interaction with others, the self is formed:

* Section A: Theory - Thinking about people.
  This section is based on the person centred approach of Carl Rogers with the focus on Rogers' nineteen propositions each of which deals with a specific aspect of a person's and facilitator's functioning in seven chapters.

* Section B: The facilitator's values.
  In these next four chapters the values of respect (mutual), individualisation, self-determination and confidentiality are discussed.

* Section C: Putting thinking and values into practice: Dealing with symbolised experiences.
  In the next three chapters attentiveness, listening and empathy are discussed.

* Section D: Putting thinking and values into practice: Dealing with unsymbolised experiences.
  Advanced empathy and immediacy are dealt with in the next two chapters.

* Section E: Some special considerations.
  The focus in the final three chapters is on cross-cultural communication, people in conflict and the self of the facilitator.

Whereas it could be a short-coming that the book is written from one frame of reference. I found it extremely well written and useful as I believe that Rogers' theory is a basis for developing effective communication skills as a facilitator. Of extreme use, are the wonderful examples used throughout the book to enhance and explain what is described.

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