



# Counselling Couples and Families

*Charles J O'Leary*

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Reader's comments: 'Then along comes your book - lands on my desk like a gift, which I have barely put down since. It stopped me searching for external answers, helped me to dig into the knowledge, philosophy and way of working which already existed in me. I draw on it all the time for inspiration and a way of grounding me in the tentative moments of working towards a delicate connection with the families I encounter. I have a lot to be thankful to you for - I have now developed a way of working which seems helpful and which enables those around me to find a way forward, but perhaps most of all I finally feel comfortable and free to be the same counsellor I am with individuals - Hurrah!' - Kim Barber, Counsellor.

Lecturers' comments: 'A fascinating book which combines couple counselling with person-centred counselling. Will be recommended reading for social work students working with couple relationships'. 'Very readable. Useful for students of counselling beyond the 'title' focus of couples and families'. 'The only book on couple and family counselling from the person-centred approach'. 'This book is unique in its articulation of family therapy and the person-centred approach. It is also engaging in the way couples and the families come to life through Charlie O'Leary's acute and sensitive observation. It is an essential text in any person-centred therapy library'- Dave Mearns, University of Strathclyde. 'Compelling reading.. I liked this book. It is intelligent, thought-provoking, occasionally funny and a delight to read. I warmed to the author's passion for the work of Carl Rogers.. All Relate counsellors will find something of value - even the strict psychodynamic practitioners' - Relate News. 'The author deserves congratulations on his easy, readable style. This will ensure that the book will be read, rather than simply browsed by many' - Sexual and Relationship Therapy. 'Provides a very good introduction for counsellors in working with families.' - British Journal of Guidance & Counselling. 'In this highly readable text, the theory and practice of counselling couples and families are successfully integrated with principles from the Rogerian/person-centred approach. In this sense the book is unique: although a lot of counsellors in fact practice relational therapy from a person-centred perspective, until now, no basic text was available in this field' - Alfons Vansteenwegen, INTAMS Review. In this unique book, the theory and practice of counselling couples and families are integrated with principles from the person-centred approach. With numerous examples from actual sessions, the book clearly illustrates the key issues that couples and families face, and the ways in which the counsellor can help them to resolve these to their own satisfaction. Written primarily from the viewpoint of working with couples and families, issues specific to relational counselling are contrasted to those that arise when counselling individuals or non-related groups. The author then explores the process of relational counselling using the person-centred principles of empathy, congruence, unconditional positive regard and non-interference with the clients' actualizing tendency.

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