



Person-centred Therapy and CBT: Siblings not Rivals

Roger Casemore, Jeremy Tudway

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Person-centred Therapy and CBT shows humanistic, CBT and integrative therapists how to get to grips with each other's approaches. CBT has become more fully present in the therapeutic landscape and therapists from other modalities are increasingly being required to understand or even train in the approach.

Responding to this growing pressure for change, Person-centered therapist Roger Casemore joins forces with Jeremy Tudway. Together they show how counselors can respect and value each other's approaches by more clearly understanding the similarities and differences in theory, philosophy and practice. They clarify how therapists draw upon this knowledge in their practice without betraying the values of their core approach.



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