



# Personal Construct Counselling in Action (Counselling in Action series)

*Fay Fransella, Peggy Dalton*

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SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008. To view the video - [click here](#)

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## Praise for the **First Edition**

'In Britain, few people can have contributed more to the development of a personal construct approach than Fay Fransella and Peggy Dalton.... Their book is primarily written for those who may wish to incorporate Kelly's ideas into their existing counselling framework.... This is an informative book which is concise, well-written and with no shortage of clinical examples, relevant to all who are interested in counselling and psychotherapy' - *British Journal of Psychology*

The revised and updated edition of this practical, accessible book gives a clear introduction to personal construct counselling for counselling trainees and practitioners alike. Outlining the key principles of the personal construct approach to counselling and relating them to practice, the book carefully explores ways in which counsellors, through credulous listening to everything the client says - and does not say - can build the client's awareness of the manner in which he or she construes problems. The range of methods that can be used to help the counsellor and client learn more about inherent contradictions and their implications, are described and illustrated.

The book goes on to show how the counsellor and client in partnership can then devise experiments for change through which the client can try out new and more rewarding ways of constructing and acting. A

number of approaches to facilitating change are discussed and exemplified.

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