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Practising from a person-centred approach means that the client and his or her needs take the foreground in therapy. The essence of person-centred therapy is verbalised best by Carl Rogers: ” It is that the individual has within himself or herself vast resources for self-understanding, for altering his or her self-concept, attitudes and self-directed behaviour – and that these resources can be tapped only if a definable climate of facilitative psychological attitudes can be provided.” (1980)

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