



# **The tribes of the person-centred nation: A guide to the schools of therapy associated with the person-centred approach**

*Pete Sanders*

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In many parts of the world person-centred therapy is seen as a family of therapies, including Experiential Psychotherapy and Focusing. Closely associated with PCT are Existential Therapy and various integrative approaches. Since Carl Rogers' death, there has been much debate regarding what can and cannot rightly claim to be called 'Person-Centred Therapy'. This book brings the debates to life, with contributions and running commentaries from leading figures in each of the main 'tribes'.

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