

## Theories Of Psychotherapy And Counseling 5th Ed

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### Theories Of Psychotherapy And Counseling

The Ontario Psychotherapy and Counseling Program (OPC) is both a psychotherapy training program and a Psychotherapist Referral Network, with counselors and psychotherapists in Toronto and the Greater Toronto Area, Barrie, Northumberland, Peterborough, Ottawa, St. Catharines, Niagara, London and other regions in Ontario.

### Ontario Psychotherapy and Counseling Program (OPC ...

Person-centered therapy, also known as person-centered psychotherapy, person-centered counseling, client-centered therapy and Rogerian psychotherapy, is a form of psychotherapy developed by psychologist Carl Rogers beginning in the 1940s and extending into the 1980s. Person-centered therapy seeks to facilitate a client's self-actualizing tendency, "an inbuilt proclivity toward growth and ...

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