

## BOOK REVIEW

### *Dictionary of Person-Centered Psychology*

Keith Tudor and Tony Merry

London, England; and Philadelphia, PA: Whurr Publishers

£20.00 19b Compton Terrace, London N1 2UN

\$31.95 325 Chestnut Street, 19106

ISBN: 1 86156 267 5

185 pages. Soft cover

I've been wanting to review the *Dictionary of Person-Centered Psychology* for *The Person-Centered Journal* for some time now. What a fabulous idea for a book! The "dictionary" has been both terrific bathroom and bedtime reading in addition to what I suppose was its intended use as a resource for defining person-centered concepts. This it does quite well. As a writer, researcher, and teacher, I've found Tudor and Merry's dictionary to be a welcomed work-side companion. Tonight, for instance, I will continue to address the quality of empathy in my fundamentals of counseling class. In addition to material already prepared, I'll plan to take along the dictionary to share some of its empathy definitions (there are three and one-half pages of empathy-related definitions). In addition, I'll be able to provide specific resources, as many of the person-centered definitions come with quoted references. Twenty-three pages of references can ease a researcher's task referencing a paper. I've consulted the dictionary on several occasions when I was pleased to find my reference listed.

The *Dictionary of Person-Centered Psychology* presents both historical and current person-centered developments. For concepts having discrepant definitions, Tutor and Merry present the different arguments, sometimes in some depth; sometimes with enough essence for the reader's further pursuit if desired. Of course not *all* differing positions on a concept are given. In looking up "confrontation," I am provided with a general definition that includes two related concepts for reference in the dictionary (frame of reference and incongruence), as well as the work of Tscheulin. Lietaer's (controversial) position on confrontation was not presented; however, four other Lietaer works are referenced. In checking out Tutor and Merry's leads from confrontation to "frame of reference" and "incongruence," I felt more grounded in the foundations for my own person-centered stance on confrontation. I was further led to concepts of "perceptual field," "self-concept," and "conditions of worth," among others.

I am not so smart that I have never found the dictionary of use for defining something that I couldn't quite explain, or that I simply didn't know. After returning from ADPCA Manchester in June, 2001, I'd like to have had the dictionary. Janet Tolan facilitated an extraordinarily thought-provoking presentation on subception, defensive, and awareness processes. Following Tolan's lead, I consult the dictionary to see that Rogers adopted the term "subception" from McCleary and Lazarus (1949) to denote discrimination without awareness. I find references to "transactional analysis," to Kurt Lewin's field theory, to Maslow, to humanism, phenomenology and other and many other ideas and person-centered phenomenon. If readers want to use the dictionary to see how very recent theory developments are understandable in the framework of person-centered concepts, they can turn to definitions "constructivism," postmodernism," and the like.

Also, the dictionary lists Rogers' books within the text body, so that readers can get a summary glimpse of his major works. Appendix 1 identifies 24 of Rogers' published cases, and Appendix 2 provides addresses for 22 person-centered associations, and institutes.

The *Dictionary of Person-Centered Psychology* is available in Europe in the UK, and in the U.S. in Philadelphia, PA. Tutor and Merry's dictionary appears to be part of a Whurr series, for on the back cover we see that dictionaries of "counseling," "personal development," "rational emotive behaviour," and "transactional analysis" are also available. I'm pleased that person-centered psychology has been communicated in this important resource and have been happy to share it.

Reviewed by:

***Jo Cohen Hamilton, Ph.D.***  
*Kutztown University*

## **Policy Statement**

The Person-Centered Journal is sponsored by the Association for Development of the Person-Centered Approach (ADPCA). The publication is intended to promote and disseminate scholarly thinking about person-centered principles, practices, and philosophy.

All materials contained in The Person-Centered Journal are the property of the ADPCA, which grants reproduction permission to libraries, researchers, and teachers to copy all or part of the materials in this issue for scholarly purposes with the stipulation that no fee for profit be charged to the consumer for the use or possession of such copies.