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The research tradition in person-centered/experiential psychotherapy and counseling: bibliographical survey 1940–2015

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ABSTRACT

The bibliography presents an overview of empirical research publications 1940–2015 within the person-centered-experiential-humanistic (PCE) paradigm. The survey consists of three parts:

Part A. PCE outcome and process studies: A survey of overviews and meta-analyses

Part B. Research instruments based on/akin to PCE concepts

Part C. PCE perspectives on ideological, professional and methodological research issues: Reflections and proposals.

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Introduction

Right from the beginning of his psychotherapy career Carl Rogers engaged in doing empirical research. Starting with electrically recording therapy sessions in the early 1940s (see Part C of this survey: Rogers, 1942), he really has been a pioneer in opening “the black box” of the process of psychotherapy. This bibliography presents an overview of empirical research publications from 1940–2015 within the person-centered-experiential-humanistic (PCE) paradigm. The survey consists of three parts:

Part A. PCE outcome and process studies: A survey of overviews and meta-analyses

Part B. Research instruments based on/akin to PCE concepts

Part C. PCE perspectives on ideological, professional and methodological research issues: Reflections and proposals

The references were selected on the basis of a careful checking of the following sources:

- The PCE bibliographies that have been made by G. Lietaer, P. F. Schmid, Alberto Segrera and others since about the first PCE conference in 1988; see www.pce-world.org under “Bibliographies.”
- PsycLit, Psychologischer Index, Google Scholar and www.pce-literature.org
- The English, German and Dutch journals on person-centered/experiential psychotherapy.

- Sending a first draft of my survey to a group of about 20 research-oriented PCE colleagues, asking them to send me the references of missing publications of themselves and/or of colleagues they know of.

Being based on this broad array of data sources I hope that my survey is “fairly complete,” however never fully (sending me missing references is most welcome!). As to *Part A* it should be clear that only overviews and meta-analyses are included, no single studies (except for a few books fully devoted to research and a few publications on large projects). Most single studies however can be found in the overviews.

It is my hope that this “informational document” will be a rich source of theoretical and methodological inspiration for the younger generation of PCE researchers, a help in looking for adequate research instruments and a useful tool in our professional-political struggle to be accepted as an empirically validated therapy approach.

Part A

PCE outcome and process studies: a survey of reviews and meta-analyses

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Part B

Research instruments based on/akin to PCE concepts

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Part C

PCE perspectives on ideological, professional and methodological research issues: reflections and proposals

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