

# LOVE AND THERAPY: IN RELATIONSHIP

- DIVINE CHARURA  
AND PAUL STEPHEN



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Learning Together Online

## Resource Guide

# About Divine Charura

**Divine Charura** is a Senior Lecturer at Leeds Metropolitan University in Counselling and Psychotherapy.

He is an Adult Psychotherapist who works in the NHS, voluntary sector and in private practice. He has published various papers and contributed to various books.



**Divine Charura**

# About Paul Stephen

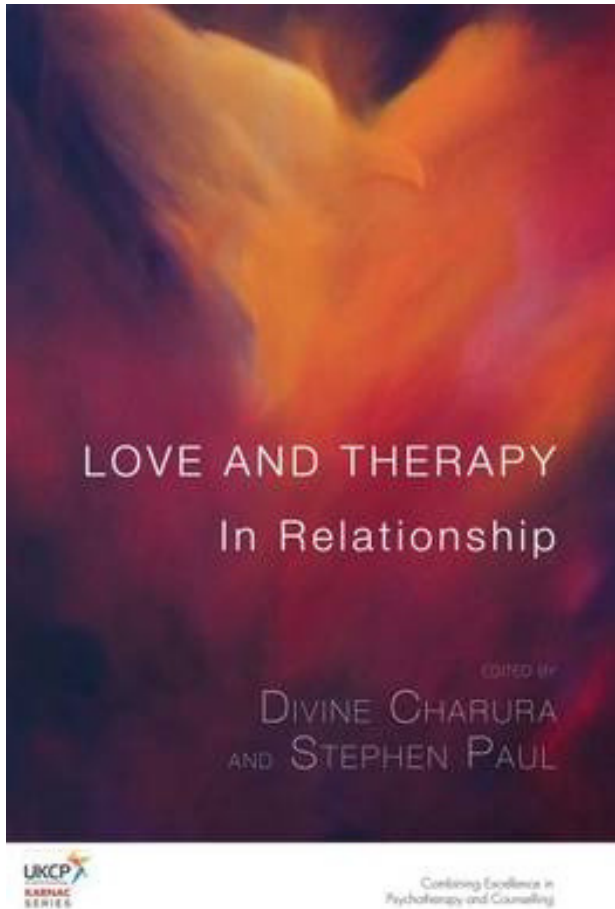
**Stephen Paul** has recently retired as Director of The Centre for Psychological Therapies at Leeds Metropolitan University after 20 years of service. He is a client-centred psychotherapist and is also the co-editor of *The Therapeutic Relationship: Themes and Perspectives* (PCCS, 2008) and *The Therapeutic Relationship Handbook: Theory and* (McGraw-Hill / OUP, 2014). Stephen was instrumental in developing a Relational Approach to Therapy with Geoff Pelham (1999).

He has worked extensively in both adult and child & adolescent psychiatry and has been head of a therapeutic school and was Director of the VSO programme in Bhutan. Stephen now writes, practises therapy, supervision and coaching, and provides training.



**Paul Stephen**

# Event Details



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**Divine and Stephen have very generously agreed to spend an hour talking with us about their new book "Love and Therapy: In Relationship".**

Sigmund Freud noted the importance of love in the healing of the human psyche. So many of life's distresses have their origins in lack of love, disruption of love, or trauma. People naturally seek love in their lives to feel complete. Is therapy a substitute for love? Or is it love by another name? This important book looks at the place of love in therapy and whether it is the curative factor. The authors continually stress, however, that within psychotherapy both ethical and professional boundaries should govern this 'Love' at all times in order for it to be experienced as healing and therapeutic.

If you read the book please remember to leave a review

This book offers explorations of the complexity of love from different modalities: psychoanalytic, humanistic, person-centred, psychosexual, family and systemic, transpersonal, existential, and transcultural. The discussions challenge therapists and other allied professionals to think about their practice, ethics, and boundaries.

It considers the therapeutic relationship in terms of 'Love', and explores the complexities of the impact of love/lack of love on clients' lives and experiences and how this impacts on their behaviour, and how they present in the therapy room.

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