

An illustration depicting a therapy session. In the foreground, a woman in a red top and white pants stands on the left, gesturing with her hands. In the center, a woman with long dark hair sits on a white chair, facing away from the viewer. To her right, a man with a beard and glasses sits on a white chair, also facing away. On the far right, a woman in a red top and white pants stands, gesturing with her hands. In the background, there are several speech bubbles: a white circle with three dots, a red rounded rectangle, a white circle with three dots, a red rounded rectangle, a white circle with three dots, and a red rounded rectangle. The text 'Person Centered Therapy: How It Works and What to Expect' is overlaid on the illustration.

# Person Centered Therapy:

How It Works and What to Expect