



George Kelly and the Psychology of Personal Constructs (Mind Shapers)

Trevor Butt

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'We are not disturbed by events, but by the view we take of them'. Thus spoke the Stoic philosopher Epictetus 2,000 years ago. George Kelly elaborated this position in Personal Construct Theory, one of the foremost theories of personality in the twentieth century. Psychological disturbance is not caused by what happens to us - it is the product of our widely differing interpretations of what happens. These interpretations form what George Kelly called a system of personal constructs, and is the key to all our thoughts, actions and feelings. His pragmatic approach to psychology arose in his clinical practice and has been a strong formative influence on both clinical psychology and personality theory. In this accessible and fascinating account of the theory, Trevor Butt takes us through the development of Kelly's work, setting it in its historical and philosophical context. The Psychology of Personal Constructs is outlined, along with its implications for both assessing and modifying personal construct systems.

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