

CLIENT-CENTERED THERAPY (Carl Rogers)

Roger's basic assumptions:

- People are essentially trustworthy
- They have a vast potential for understanding themselves and resolving their own problems without direct intervention on the therapist's part
- They are capable of self-directed growth if they are involved in a specific kind of therapeutic relationship

CONCEPTS

View of Human Nature

- Carl Rogers trusts the clients that they have the ability to move forward in a constructive manner if conditions fostering growth are present. He believed that people are trustworthy, resourceful, capable of self-understanding and self-direction, able to make constructive changes and able to live effective and productive lives.

CONCEPTS

- He maintained that three therapist attributes create a growth-promoting climate in which individuals can move forward and become what they are capable of becoming:
 - 1) congruence (genuineness or realness),
 - 2) unconditional positive regard (acceptance and caring),
 - 3) accurate emphatic understanding (an ability to deeply grasp the subjective world of another person.)

Humanistic view of human nature believed that:

- the individual has an inherent capacity to move away from maladjustment and toward psychological health and growth. Here, the therapist places the primary responsibility on the client. The person-centered approach
- In the person-centered approach rejects the role of the therapist as the authority who knows best and of the passive client who merely follows the beliefs of the therapist.
- This therapy is rooted in the client's capacity for awareness and self-directed change in attitudes and behavior.

Humanistic view of human nature believed that:

- This approach emphasizes how the client act in their world with others, how they move forward in a constructive directions and how they can successfyllly deal with obstacles (both from within themselves and outside of themselves) that are blocking their growth.
- It promotes self-awareness and self-reflection, clients learn to exercise choice.
- Humanistic therapists emphasize a discovery-oriented approach in which clients are th experts on their own inner experience.

CONGRUENCE AND INCONGRUENCE

- A state of **congruence** exists when a person's symbolized experiences reflect all of the actual experiences of the organism. When one symbolized experiences do not represent all of the actual experiences, or if they are denied or distorted, there is a lack of correspondence between the self as perceived and the real self.
- In such situation, there is **incongruence** and possible maladjustment.

ACTUALIZATION

- Actualizing tendency according to Brodley (1999, as cited in Corey, 2013) is a directional process of striving toward realization, fulfillment, autonomy, and self-determination. According to Van Kalmthout in 1995 (as cited in Engler, 2012) this actualizing tendency is part of universal life force; it follows lines laid down by genetics and may also be influenced by temperament. The process of actualization is neither automatic nor effortless; it involves struggle and even pain.

THE SELF

- The **self-concept** is a portion of the phenomenal field that has gradually become differentiated. It is composed of those conscious perceptions and values of “me” or “I,” some of which are a result of the important others. It is an object of perception. It is the person as she or he perceives herself or himself. Thus, we have distinction between the organism or real self in the process of actualization , and the self as perceived , or object. The “self” that are taken over from other people rather than the actual experiences of the organism.

DEVELOPMENT OF PERSONALITY

- **Positive regard** refers to being loved and accepted for who one is. In an ideal situation, positive regard is unconditional. It is given freely to children for who they are regard regardless of what they do.
- **Unconditional positive regard** is not contingent on any specific behaviors. Conditional positive regard is given only under certain circumstances.

- . **Positive self-regard** follows automatically if one has perceived unconditional positive regard. Children who are accepted for who they are come to view themselves favorably and with acceptance.

ACCURATE EMPHATIC UNDERSTANDING

- Implies that the therapist will sense client's feelings as if they were his or her own without becoming lost in those feelings. A way for therapists to hear the meanings expressed by their clients that often lie at the edge of their awareness.