

Describe and discuss the importance of Rogers (1951) 'core conditions' Empathy, Unconditional Positive Regard and Congruence within professional and embedded counselling practices.

Carl Rogers was an American psychologist who first created the 'Person-Centred Therapy' (counselling tutor). This form of therapy included 3 important conditions, also known as core conditions, and these core conditions are Empathy, Unconditional Positive Regard or UPR for short, and Congruence. Although Rogers introduced these core conditions into the counselling field in 1951, he went on to write a paper which mentioned these 3 conditions in 1957. The paper was called "The Necessary and Sufficient Conditions of Therapeutic Personality Change" (Counselling Tutor).

Empathy, congruence and unconditional positive regard are the 3 main conditions, also known as core conditions, that are widely used in counselling to help clients feel heard and improve their life mentally. Each one is different from the others, but all are equally important when dealing with a client. According to the '**Counselling Tutor**' their website about 'Carl Roger's Core Conditions', it mentioned that Rogers saw the core conditions as a gateway to gaining the trust of the client and that they'll "feel safe enough to access their own potential." Rogers also stated that by using these 3 core conditions within counselling, the clients would be able to take a step forward into facing "self-actualisation" (Counselling tutor).

Empathy is critical when treating a client, as it helps to build a bond between both counsellor and the client, allowing them to possibly open up more about what's troubling them and the purpose of their visit. Although empathy isn't always the right step to take for some clients, it can lead to a closer relationship during a counselling session. This condition is very useful in gaining a better understanding of how the individual is feeling in that moment or how they felt when discussing past experiences. Empathy is an important tool because it allows the counsellor to feel what that person is feeling, by being

sensitive as to what the client talks about during sessions. According to Ramsey K. having the ability to use empathy in counselling can help the therapist widen their understanding of what and how the client feels about experiences and worries in their life. Empathy also allows the therapist to be open minded and try to vision themselves in the client's position when talking about a possible sensitive subject from their life. Therefore, Rogers believed that these were the reasons as to why empathy was deemed as a core condition, it is it now widely used to help clients.

The second core condition of the 3 is congruence. Congruence is when a counsellor/therapist can balance out the "inner experience", meaning their thought process on what the client is saying, and their physical expression. If a counsellor/therapist can match these two or can successfully balance out these two factors, then the client can feel more at ease as the therapist isn't "putting on a mask" or attempting to hide their true expression from what they think in that moment. By being consistently congruent towards the client it can allow a bond to slowly form between them and the client, the same as showing empathy towards them, it creates a safer environment for the client to open without the fear of being judged or unsure of what the therapist thinks and believes. Therefore, congruence is a core condition as it can mean both individuals are open-minded and are willing to share what's on their mind, whether the client talking about something deeply personal or the therapist giving pointers and ways to help the clients.

Unconditional Positive Regard is the third core conditions formed by Rogers in 1951. Unconditional Positive Regard (UPR) is another key skill to use in counselling as it too can better the relationship between client and therapist.

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