

History of Humanism and relationship to Psychology

- In 1954, Humanistic Psychology gave rise after the First and Second Forces of Psychoanalysis and Behaviorism
- Humanistic Psychology, the Third Force, was popularized during the 1950's and 1960's following WWII and the Cold War.
- During this time period psychologists were seeking a more optimistic and nurturing approach in response to the stresses that came with war.

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Defining characteristics

- View of the Human Person
- Values –right, desire and ability of determining what is best.
- Actualizing Tendency – maintain self and develop potential
- Relational Emphasis
- Phenomenology
- Empathy
- The Self – the ‘I’ or me of one’s existence
- Emotion
- Meaning
- Holism – the human organism is conceived as a constantly interconnected, indivisible whole. Person viewed as a gestalt, a dynamic whole. Mind body are inseparable.

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Introduction to the schools of Humanistic Counselling

Some of the various approaches and theories within the modern and post-modern tapestry

- Person-Centred
- Existential Psychotherapies
- Gestalt Psychotherapy
- Experiential Psychotherapy
- Transactional Analysis (T.A.)
- Humanistic Creative therapies



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The Humanistic Perspective

- Unlike the first force of psychology, human behaviour was no longer attributed to conditioned responses to the environment or a result of early childhood experiences, as was explained by such as the second force.
- The humanistic perspective was based on the belief that human beings have an innate need to search for the meaning of life.
- The founders of humanism also based this perspective on the belief that human beings were **self-reflective, self-determined, and possessed free will.**

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Carl Rogers

- Carl Rogers was born January 8, 1902 in Oak Park, Illinois a suburb of Chicago
- Carl Rogers was very isolated, independent, and self-disciplined as a child.
- He went to the University of Wisconsin as an agriculture major
- Later, he switched his major to religion to study for ministry



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Carl Rogers (CONT)

- After attending a seminar Rogers realized that his interest was not with the ministry and moved on to pursue Psychology
- Rogers then switched to the clinical psychology programme of Columbia University, and received his PhD. In 1931
- He was offered a full professorship at Ohio State in 1940
- In 1942, he wrote his first book, *Counseling and Psychotherapy*
- It was while working there that in 1951 he published his major work, **Client-Centered therapy**, wherein he outlines his basic theory

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Influence

- How did this philosophy get translated into psychology and psychotherapeutic practices and furthermore what does it have in common with Humanistic Psychology?
- The existentialists could be thought of as stressing the meaning of human existence. Thus, they can be seen as predecessors of modern Humanistic Psychology.

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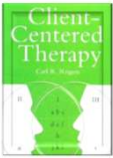
Client Centered Therapy

- The purpose of this therapy is to help the client discover a better way to develop self awareness
- Based on the idea that client can make positive and constructive choices.
- People are trustworthy (can solve problems without intervention)
- People are capable of self-directed growth if involved in a therapeutic relationship
- Under nurturing conditions an individual can move forward and resolve their problems.

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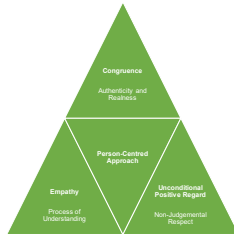
Client Centered Therapy

- Rogers believed that people are capable of self directed growth if they are in a therapeutic relationship
- We are capable of directing one's life
- His primary focus was helping the client discover more appropriate behaviors by becoming aware of their true self and develop ways to fully "encounter reality".




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Growth Promoting Climate



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Psychopathology

- Neurotic persons deny awareness of significant sensory and emotional experiences
- Experiences that are incongruent with their self-structure are subceived; reality is denied or distorted
- Distortion and denial results in self-experience discrepancy

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Therapist's Job

- The therapist helps promote change but are not to direct change in the client
- Develops an environment where the patient can grow
- Is respectful, real, understanding and caring the client. In doing this the client can let go of his/her defenses, gain perception and reconnect with themselves.

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Since
Rogers..

- Other psychologists have worked within the Humanistic Psychology approach:
 - Abraham Maslow
 - Fritz Perls
 - Victor Frankl
 - Existential-Humanistic Therapist
 - Emotion-Focused Therapies
 - The Tribe of the Person-Centred Approach
