

Unconditional Positive Regard

ECAY4003

2023

Further Reading

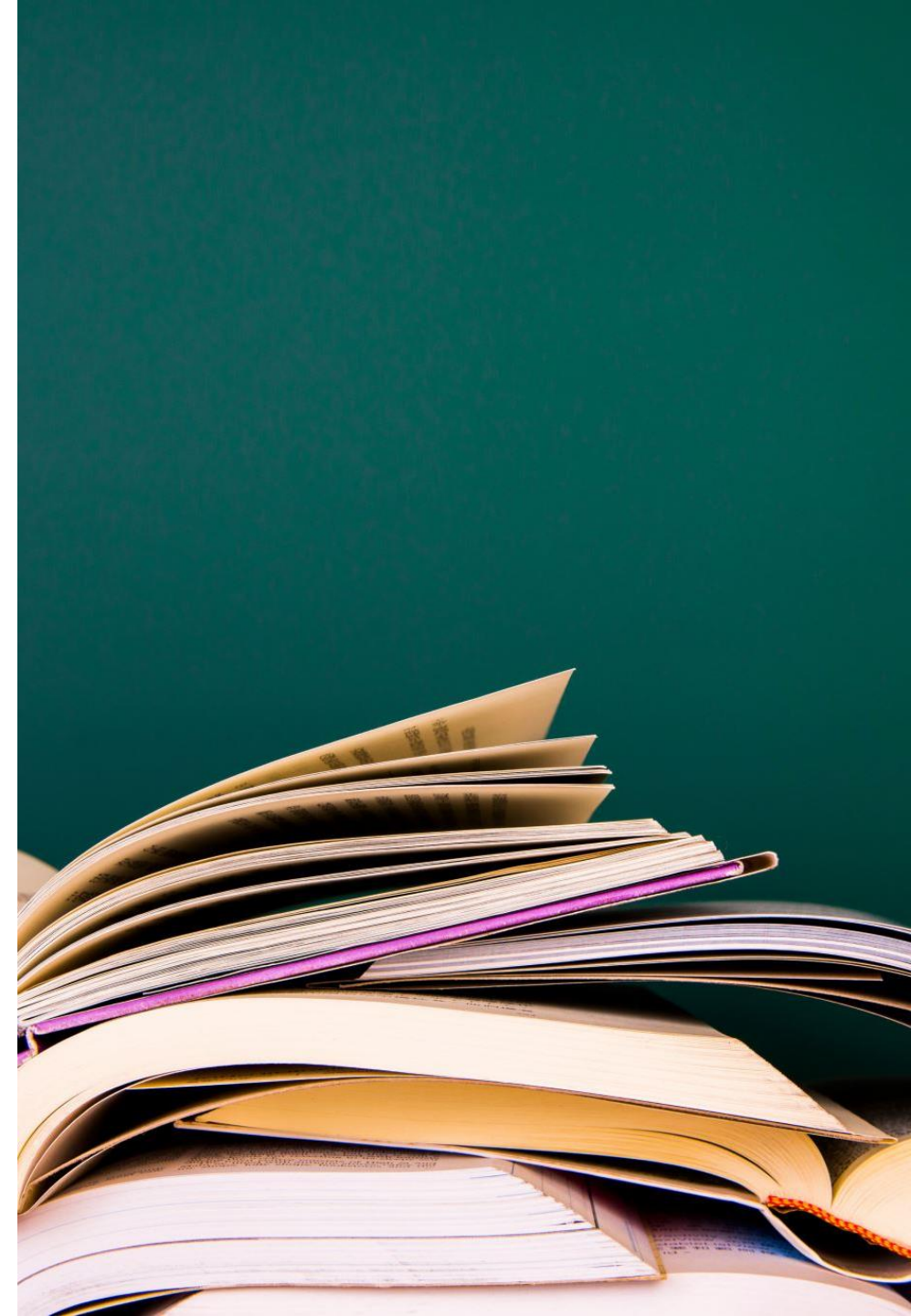
- In our last session I asked you to think about the emotional aspects of seeking help:

**Often people seeking support from an advocate
will be in a position of real or perceived
powerlessness**

What might a person be feeling?

What can an advocate do to address this?

Let's Talk



Unconditional Positive Regard

- *Write down your personal thoughts on how these sentences should finish.*
- *I believe that people are basically.....*
- *If no one is looking people will.....*
- *If I am not careful my colleagues will.....*
- *I believe that people are motivated by.....*

Lets share some thoughts

- *I believe that people are basically.....*
- *If no one is looking people will.....*
- *If I am not careful my colleagues will.....*
- *I believe that people are motivated by.....*





Unconditional Positive Regard

- Have you heard of this phrase before?
- If you have, what do you understand it to mean?
- Definition:
- The unshakeable commitment to the truth that an individual's personal worth is not dependant on his/her performance
- What does this definition mean?

Based on Schuilenberg, S.J. (2011)

Unconditional Positive Regard

- Definition:
- The mindful acknowledgement that the choices of an individual make sense to him/her because, if they did not, s/he would have chosen differently.
- What does this definition mean?

Based on Schuilenberg, S.J. (2011)





The Psychology

- Psychologically our perceptions are influenced by our state of mind
- In other words what we see /hear will depend on what we were thinking before we saw / heard it.
- *Can you think of examples of this?*
- Our perceptions can often cause us to make incorrect or unhelpful judgements



How does this work?

- Let's Play a game
- On the next slide I would like you to call out the colour of each word as it appears
- Do not read the word but tell me the colour

orange	blue	green	red
blue	purple	green	red
orange	blue	red	green
purple	orange	red	blue



How was
your
perception?



Unconditional Positive Regard

- Unconditional positive regard is a concept first developed by Carl Rogers
- It forms a central part of the theory of 'client centred therapy' (Rogers 1956)
- However, it is now considered by some researchers to be a key concept in the field of advocacy as well
- For example, in their study of the effectiveness of advocates working with women who have experienced domestic violence, Allen *et al* (2013, p.8) state that a key factor was the 'unconditional validation and acceptance' shown by advocates.

Carl Rogers (1956)

- Rogers defines UPR as follows;
- ***Unconditional***
 - One experiencing UPR holds ‘no conditions of acceptance . . . It is at the opposite pole from a selective evaluating attitude.’ (p. 225)
- ***Positive***
 - One offers ‘warm acceptance . . . a “prizing” of the person, as Dewey has used that term . . . It means a caring for the client . . . ’ (p. 225).
- ***Regard***
 - One regards ‘each aspect of the client’s experience as being part of that client . . . It means a caring for the client, but not in a possessive way or in such a way as simply to satisfy the therapist’s own needs. It means caring for the client as a separate person, with permission to have his [or her] own feelings, his [or her] own experiences.’ (p. 225)

UPR in Action

- One needs to separate the person from the action *e.g. It was rude not to say thank you rather than you are rude.*
- Do not ask closed questions that are conditioned by your own perceptions *e.g. Why are you lazy?*
- Instead ask open questions that allows the other person to explain *e.g. What would allow you to feel that you could contribute?*

Based on Schuilenberg, S.J. (2011)





UPR in Action

- Give the person the opportunity to explain how they see things
- Keep mistakes or unwanted behaviour in perspective
- Support the person in learning from their previous actions

Based on Schuilenberg, S.J. (2011)

UPR in Action Examples

- Letting a child know you know they're a good person even when they misbehave.
- Letting your wife know you will be by her side and love her even when you're arguing.
- Letting your husband know your love for him isn't connected to how much money he makes.
- Regarding your employees as competent and capable even if they occasionally fail at a task.
- Assuring your child can be anything they want if they work hard enough for it because they're a competent person.
- A therapist who empathizes with their patient and sees the good in them, even when they fail.
- Being loyal to your friend who is going through a breakup that was their fault, because you believe your friend can bounce back.
- A pet who you leave home alone all day long, but he is still over the moon to see you when you get home from work.
- A sports fan who stays loyal to the team even though they haven't won a title in 35 years.
- A social worker who helps someone get back on their feet after they seemingly threw their life away.



Relationship to Social Work

- Social workers have very emotionally taxing jobs. They often see people at the lowest moments in their lives. They may be struggling with unemployment, homelessness, depression, domestic issues, or dependency.
- Clients may come from backgrounds vastly different than the social worker's own personal story. Their cultures and values may be incongruent and incompatible. But the social worker is trained to put aside these differences and focus on the human being in front of them, without judgement or disapproval.
- Conveying this sentiment is the first step the client needs to find trust and faith in humanity, and hope that their lives can get better. Showing unconditional positive regard for a person in the worst moments of their lives is a level of compassion that Rogers would be proud of.

Advocacy on UPR

“The kind of caring that the client-centered therapist desires to achieve is a gullible caring, in which clients are accepted as they say they are, not with a lurking suspicion in the therapist’s mind that they may, in fact, be otherwise. This attitude is not stupidity on the therapist’s part; it is the kind of attitude that is most likely to lead to trust...”



Practical Advocacy

- For the rest of this session, we will be looking at the practical aspects of how to apply URP.
- You can work with a partner or on your own.
- The circumstances that we discuss are hypothetical, yet examples of real scenarios that you could encounter through your advocacy profession.

Advocacy Focus



“We believe in Advocacy for All. By supporting prisoners in Lancashire, we are helping rehabilitate them and ease them back into the community upon their release.

With the right support, many prisoners are able to break from their cycle of criminality and drastically improve their chances of integration back into society. Statistics show that less than 5% of ex-offenders feel they were supported in prison and upon release re-offend”





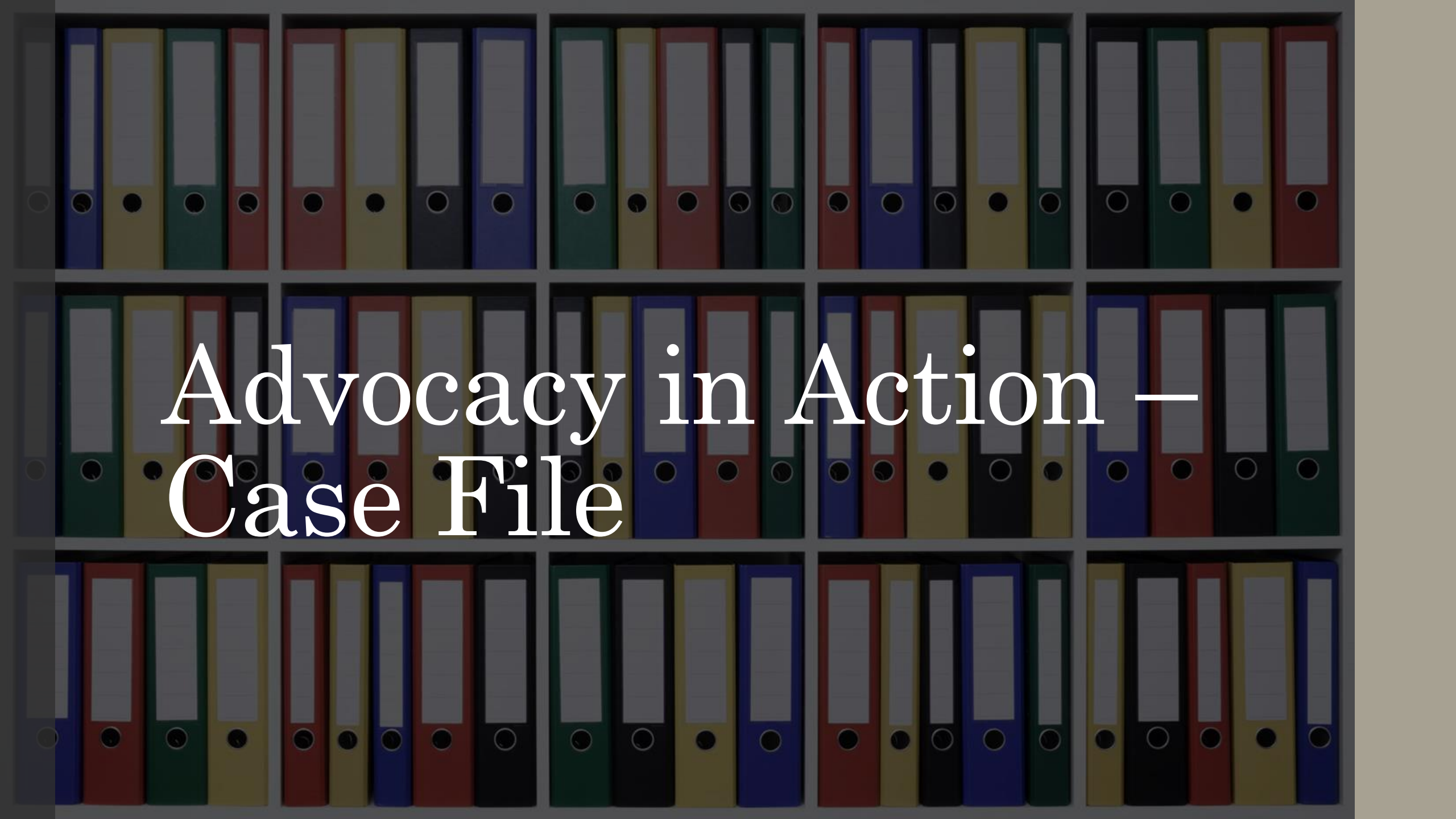
- People in prison or custody are entitled to advocacy support under the Care Act 2014, in order to support their right to be involved in decisions about their care and support whilst serving a prison sentence.
- A highly trained Independent Advocate will visit the individual at frequent intervals to ensure that their health and social care needs are met during their time in prison.
- Advocates can also help ensure the continuity of care packages and support on a prisoner's release into the community. This helps ensure a smoother transition back into society; successful rehabilitation back into society has been shown to lessen the chance of re-offending.
- The Advocate will provide practical help and information that may otherwise be difficult for the person to access.

A black and white photograph showing the silhouette of a person's head and shoulders in profile, looking out of a window with multiple panes. The person's hair is dark and curly. The window panes are visible in the background, and the light coming through creates a bright, slightly overexposed area behind the person.

Advocacy Focus

- Advocacy Focus can also support individuals in Lancashire prisons who may have concerns surrounding their health and social care.
- An advocate can assist an individual to overcome these issues informally or through organising a resolution meeting.
- If the individual is still not happy with the outcome of this, there is the option for an Advocate to support them to write a formal letter of complaint regarding their concerns.

advocacy
focus

The background of the slide is a photograph of a bookshelf. The shelf is filled with numerous colorful binders or folders in shades of blue, green, yellow, and red. The binders are arranged in rows, and the image is slightly dimmed to make the white text stand out.

Advocacy in Action – Case File



- NAME: John Doe
- DOB: 28/04/1977
- OFFENCE: Convicted of multiple accounts of domestic violence resulting in Actual Bodily Harm (ABH).
- HISTORY: Violence against women

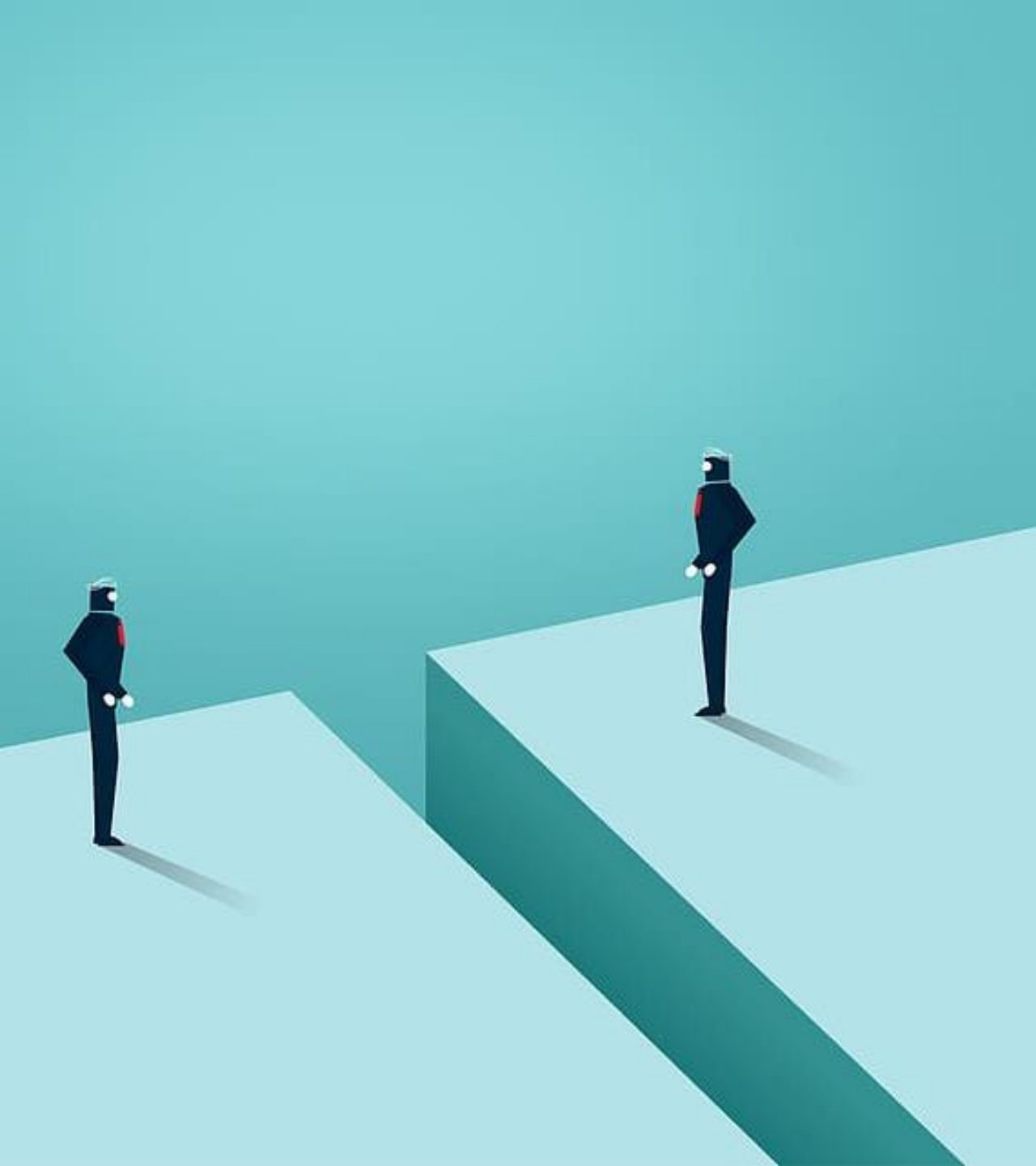
- The Prisoner is experiencing severe and prolonged dental pain.
- He is having difficulty accessing a dentist due to not being listened to or taken seriously within the prison system.
- He speaks to his wing representative, and under the Care Act 2014, an independent advocate is requested.
- The advocate visited John in the prison, and listened to his concerns.
- The advocate organised a resolution meeting with the prison services and attended with John.
- Following the meeting a dentist was organised and John received essential multiple tooth extractions.
- John is now pain free.

Questions

How do you feel about being an advocate for a prisoner?

What are your thoughts on this case study?



An illustration on the left side of the slide shows two stylized human figures standing on a light blue, stepped surface that recedes into the distance. The figure on the left is on a lower step, while the figure on the right is on a higher step. Both figures are dark blue with white accents on their heads and hands. The background is a solid teal color. The overall composition suggests a journey or a path forward.

Barriers to an Accepting Attitude

- **Respect** and **Acceptance** are crucial in developing a positive relationship with your client and demonstrating unconditional positive regard.
- Reflection plays a big role in unconditional positive regard.
- Considering our case study, did you feel any:
 - Anxiety-evoking feelings?
 - Prejudices that you found uncomfortable?
- Would anything prevent you from being John's Advocate?

Barriers to an Accepting Attitude

- Summarize any negative feelings and factors that would prevent you from being John's Advocate.
- You may feel:
 - Absolutely fine, everyone deserves an advocate
 - As a woman, I don't know if I can advocate for a man who has a history of harming women
 - As a man, I have a strong viewpoint about men harming women
 - Domestic violence is a trigger for me

Can you add any more?



Barriers to an Accepting Attitude

- Remember:

“Unconditional Positive Regard is letting a person know that they are accepted and values no matter what. Even if they are flawed, we still respect and care about them”

(Rogers, 1956)

Legislation

- **The Care Act 2014** states that assessing the care needs of prisoners (and people in approved premises probation hostels) and providing care and support where the need is great enough will be the duty of the local authority.
- The European Convention of Human Rights (ECHR) state that prisoners have:
 - The Right to Life (Article 2)
 - The Prohibition on torture (Article 3)
 - The right to a Fair trial (Article 6)
 - Freedom from Slavery (Article 4)
 - Protection from retrospective laws (Article 7)
- There is further reading on the Moodle Page from the ECHR.



Is there any controversy?

- Is it right to prevent prisoners from voting?
- The European court of Human Rights has considered this question SIX times.
- Each time it has concluded that the UK's blanket ban on ALL prisoners taking part in elections violates the right to free elections and is not defensible on grounds of the prevention of crime
- Although the judgement indicates that it would be lawful to allow only a small category of prisoners to vote, to date, the UK has still not changed the law on this issue.



Feedback
in our next
session

References

- Allen, N.E. *et al* (2013) 'Exploring the Core Service Delivery Process of an Evidence-Based Community Advocacy Program for Women with Abusive Partners' in *Journal of community psychology* Vol.41,No.1, pp.1–18
Available at: <https://onlinelibrary.wiley.com/doi/abs/10.1002/jcop.21502>
- Rogers, Carl (1956). *Client-Centered Therapy* (3 ed.). Boston: Houghton-Mifflin.
- Schuilenberg, S.J. (2011) *Professional Development Workshop: Unconditional Regard* Available at:
<https://www.slideshare.net/CdninQ8/unconditional-positive-regard>