



Supporting Human Flourishing M5X00959

Module Leader : Andrea Williams

Module Learning Outcomes

Upon successful completion of this module students will be able to:

- ❖ Analyse and evaluate a range of caring contexts, such as between individual and institutional contexts, or between national, international and global contexts.
- ❖ Analysis and evaluate different social policy approaches and their potential influence upon well-being.
- ❖ Synthesize arguments associated with issues relating to equal opportunities and diversity, and identify appropriate courses of action in relation to such issues.
- ❖ Employ appropriate academic conventions in the production and presentation of work suitable for this level.

Assessment Component One

- ❖ Academic Essay – 2,500 words Essay Title:
- ❖ ‘The nature of human resilience; critically discuss the socio-economic, biological and psychological circumstances which contribute to human capability and resiliency’
- ❖ SUBMISSION DATE: 28th November 2017 at 12:00

Person Centred Therapy

- ‘How can I treat, cure, or change this person? Rogers later changed this question to ‘How can I provide a relationship which this person may use for his own personal growth?’



- What does Rogers mean by this?

“What the caterpillar calls the end of the world,
the master calls a butterfly.”
~ Richard Bach



What do we mean by a good life?

How do I increase my tendency to live more fully in the moment?

What are the effective conditions for growth?

Discuss what Carl Rogers means by communicating the 'core conditions' for growth?

Rogers said that the actualising tendency is the most basic motivating force within people. Do you agree or disagree with this?

Roger's View of Human Nature

- ❖ Phenomenological in nature, subjective rather than objective
- ❖ Whatever an infant perceives becomes that infant's reality, viewed as positive or negative
- ❖ All infants are born with a self-actualising tendency that is satisfied by subsequent goal directed behaviour
- ❖ Interaction with the environment is an organised whole and interrelated
- ❖ People can become aggressive and antisocial when their basic needs are threatened or frustrated

Theories of Human Nature

- Roger's positive view of human nature clashed with Freudian conceptions of id-dominated people
- In 1957, B.F. Skinner and Rogers famously debated the efficacy of their different approaches to therapy

'The Consciousness of the Self'

- ❖ William James (1890) in his text 'The Principles of Psychology' discussed the sense that people's thoughts and feelings about themselves are important determinants of their behaviour
- ❖ Freud posited the existence of an executive ego that struggled to manage the individual's intrapsychic affairs. Id, ego and super-ego
- ❖ Carl Rogers – The 'ideal self' and the 'real self'

By studying 18 people he considered to be self-actualized (including Abraham Lincoln and Albert Einstein) Maslow (1970) identified 15 characteristics of a self-actualized person.

1. They perceive reality efficiently and can tolerate uncertainty
2. Accept themselves and others for what they are;
3. Spontaneous in thought and action;
4. Problem-centered (not self-centered)
5. Unusual sense of humour;
6. Able to look at life objectively;
7. Highly creative;
8. Resistant to enculturation, but not purposely unconventional;
9. Concerned for the welfare of humanity;
10. Capable of deep appreciation of basic life-experience;
11. Establish deep satisfying interpersonal relationships with a few people;
12. Peak experiences;
13. Need for privacy;
14. Democratic attitudes;
15. Strong moral/ethical standards.

Self Actualised Person

Behaviour leading to self-actualization:

- (a) Experiencing life like a child, with full absorption and concentration
- (b) Trying new things instead of sticking to safe path
- (c) Listening to your own feelings in evaluating experiences instead of the voice of tradition, authority or the majority
- (d) Avoiding pretence ('game playing') and being honest
- (e) Being prepared to be unpopular if your views do not coincide with those of the majority
- (f) Taking responsibility and working hard;
- (g) Trying to identify your defences and having the courage to give them up

The Fully Functioning Person. Rogers (1961) believed that every person could achieve their goals, wishes, and desires in life.

1. Open to experience: both positive and negative emotions accepted. Negative feelings are not denied, but worked through (rather than resorting to ego defence mechanisms).
2. Existential living: in touch with different experiences as they occur in life, avoiding prejudging and preconceptions. Being able to live and fully appreciate the present, not always looking back to the past or forward to the future (i.e. living for the moment).
3. Trust feelings: feeling, instincts and gut-reactions are paid attention to and trusted. People's own decisions are the right ones and we should trust ourselves to make the right choices.
4. Creativity: creative thinking and risk taking are features of a person's life. A person does not play safe all the time. This involves the ability to adjust and change and seek new experiences.
5. Fulfilled life: person is happy and satisfied with life, and always looking for new challenges and experiences.

What is 'The Self'?



In Ancient times, the idea of self was implicit in the concept of the soul, the 'essence' of being human (Roccatagliata, 1986)



The 'embodied self': there is no 'self' without a body. The 'self' is developed in and through the body and the body is imbued with the 'self'



The concept of the 'impermanent self'. The Buddha said that life is like a dream, everything appears solid, but is really only a reflection.



In psychology the 'self' refers to an individual's perception of self in relation to characteristics such as gender roles, sexuality, racial identity etc

What is 'The Self'?



- ❖ Hinduism and Buddhism does not admit the existence of the individual soul, reincarnation provides a vehicle for individuals to obtain progressively higher levels of virtue.
- ❖ Islam and Judaism, the soul comes from God and thus, is independent from the body.
- ❖ Christians believed that the God-given soul existed in a dualistic relation with an inferior earthbound body.
- ❖ For some 'spirituality' is expressed through religious faith, for others it is a process of becoming more fully human in one's own unique context.
- ❖ Belief in the 'self actualising' ability of people led to the formation of the human potential movement of the 1960s (Maslow, 1962)

An Eastern Perspective on the Use of Self

Ekman Pui Chuen Tam (2007)

- ❖ The perception of 'Self' can vary from individualism to collectivism (Baumeister & Bushman, 2008)
- ❖ One of the important concepts in Buddhism is 'dependent origination'.
- ❖ All life is interrelated, all beings exist only because of their relationship with other beings. All beings are connected in a metaphysical sense
- ❖ Compassion develops from a sense of interconnectedness

Buddhism



- ❖ The Philosophy of Gautama Buddha (circa 563-483 B.C.E.) dealt extensively with questions about self and reflexive consciousness and identity
- ❖ Buddhist practitioners take a Bodhisatva Vow which seeks enlightenment, not for the self, but globally, on behalf of everyone.
- ❖ An individual has to first give mindful attention to the cultivation of the self; to overcome the narrow and myopic sense of self and empty oneself of the self-limiting ego (no-self) in order to see larger realities.

Roger's 1951

- ❖ 'Each person exists and reacts in a continuing changing world of experience of which he or she is the centre'
- ❖ 'As we react within our phenomenal field, we do so as an organised whole.
- ❖ 'Alteration in any part changes the whole,

Module Core Text

- ❖ Cooper, M., O'Hara, M., Schmid, P. and Wyatt, G. (2013) *The Handbook of Person-Centred Psychotherapy and Counselling*. Houndmills: Palgrave MacMillan. Chapter 8
- ❖ Hartley, D. (2010) *Understanding Human Need*. Bristol: Polity Press.
- ❖ Jones-Smith, E. (2016) *Theories of Counselling and Psychotherapy: An Integrative Approach*. London: Sage
- ❖ Rogers, C. (1961) *On Becoming a Person*. London: Constable & Robinson Ltd
- ❖ Van Deurzen, E. (2005) *Existential Perspectives on Human Issues*. London: Palgrave Macmillan
- ❖ You will need to register onlinevents:
- ❖ <http://www.onlinevents.co.uk/wp-login.php>