



CARL ROGERS

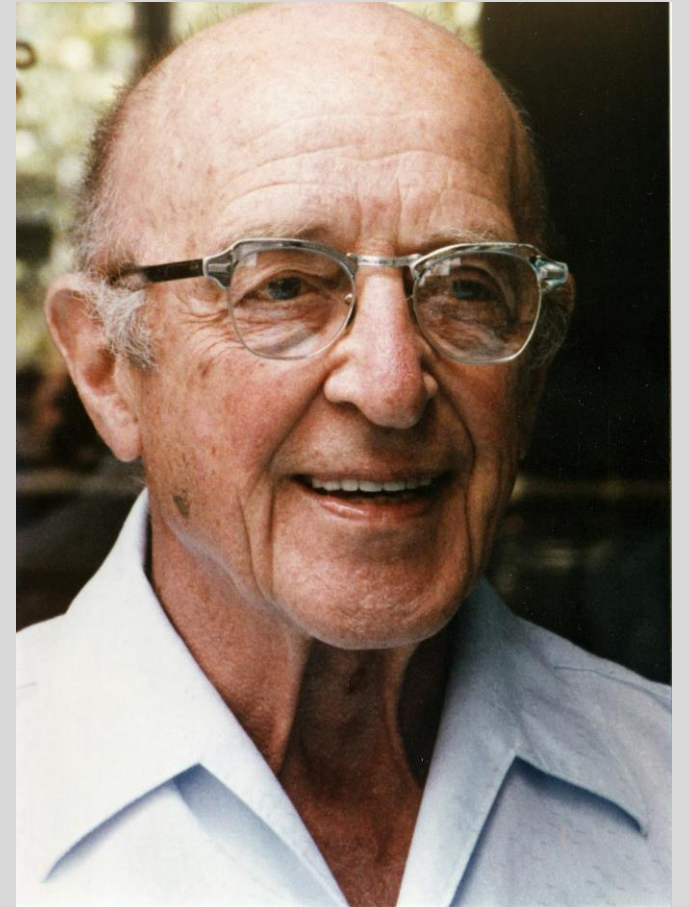
Lloyd Jones

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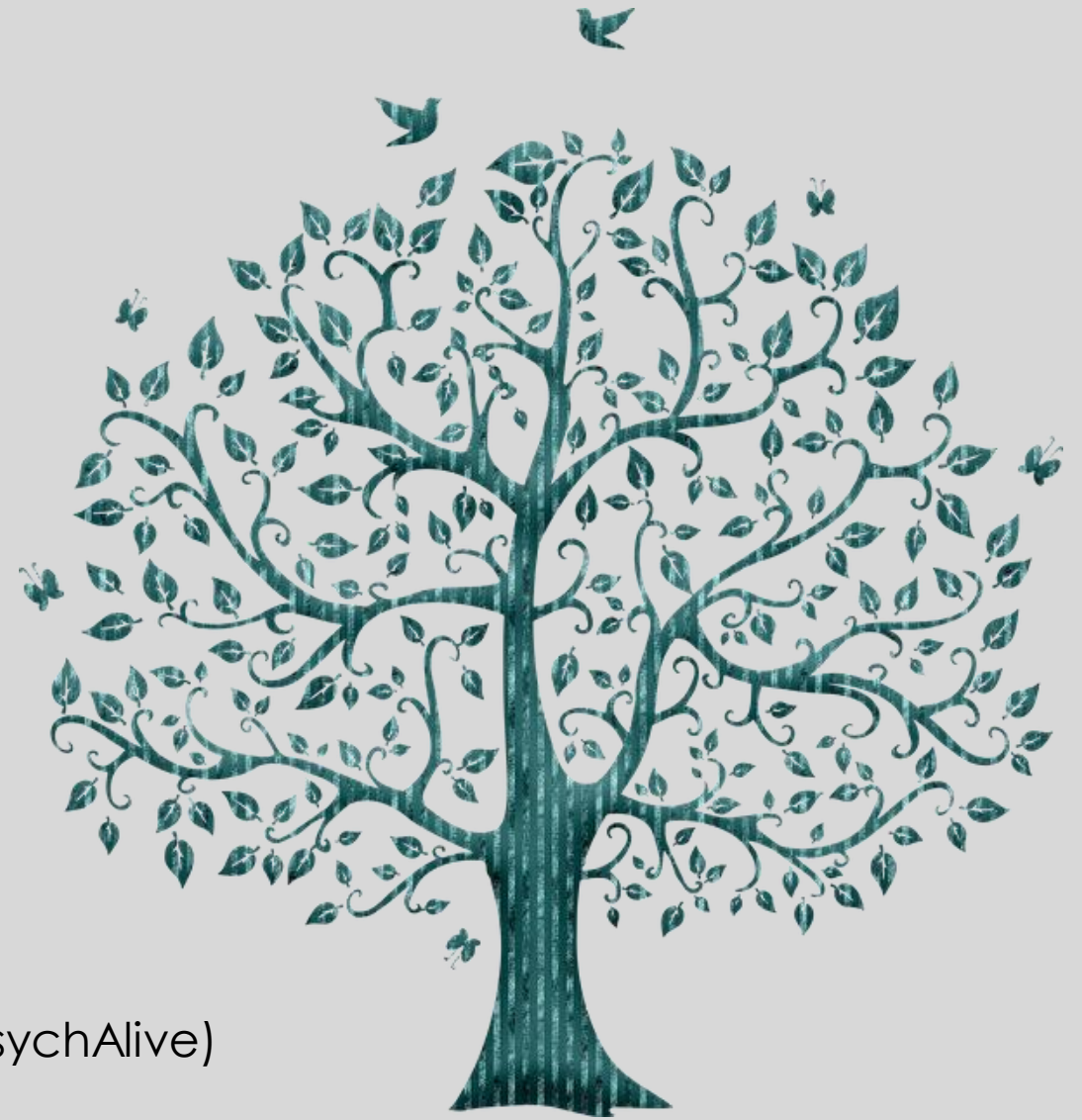
About Carl Rogers

- Rogers was born in Oak Park, Illinois in 1902.
- In 1940 he became a professor in clinical psychology.
- Throughout his time Rogers became one of the founders for a more human based approach.
- Rogers came to agree with Maslow's Hierarchy of Needs.



Rogers through his client centred approach research used the metaphor of humans being like trees by using the similarities that we have.

For example relationships and healthy personalities will not develop as they should, much like a tree will not grow without sunlight and water.



(Source: PsychAlive)

Three Conditions

Rogers based his Client- Centred approach on three conditions to which he thought was important to this.

The three conditions are:

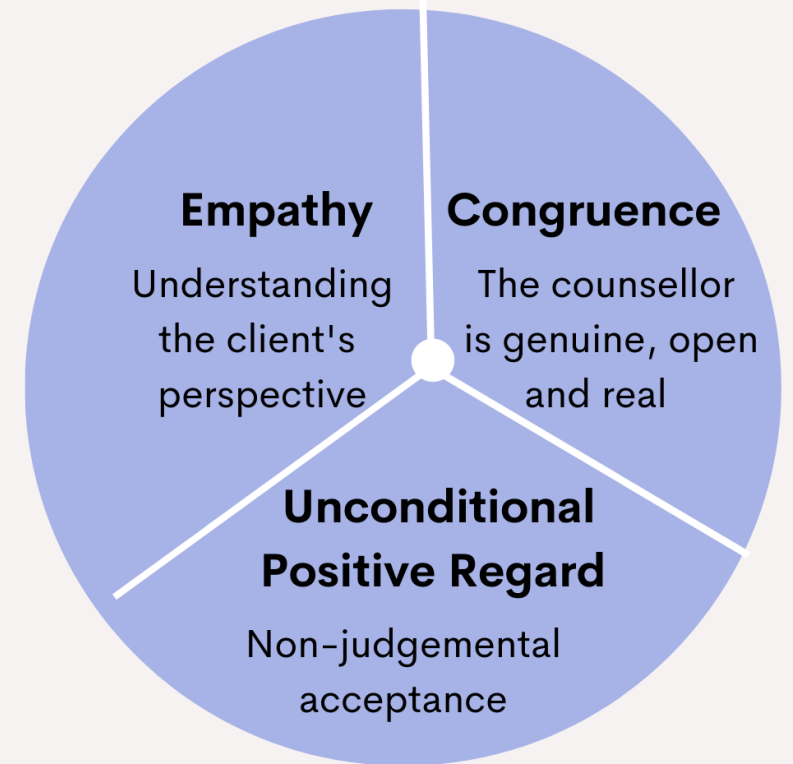
Empathy

Congruence

Unconditional Positive Regard

(Source: Google)

Carl Rogers
Core Conditions for
therapeutic change 1957



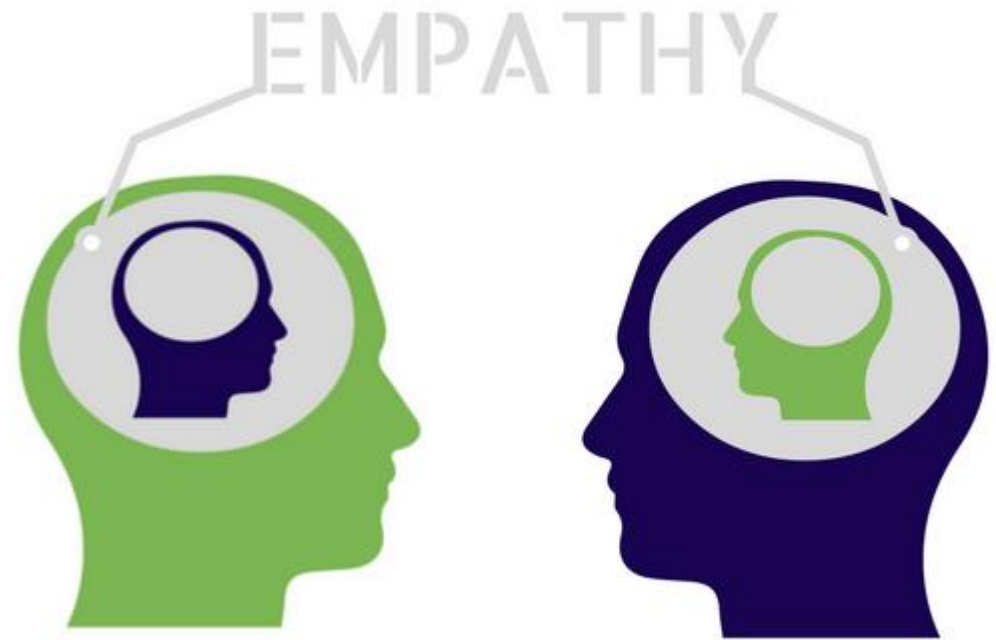
Empathy, Congruence and Unconditional Positive Regard reflect the counsellor's ideal attitude towards clients.

Empathy

Empathy plays a massive part in our lives, Rogers believe that to help someone through his Client-Centred approach that you had to be very understanding to the clients perspective.

Rogers believed that we have to put ourselves into the “Clients” perspective to really understand their thoughts and feelings.

(Source: PsychAlive)

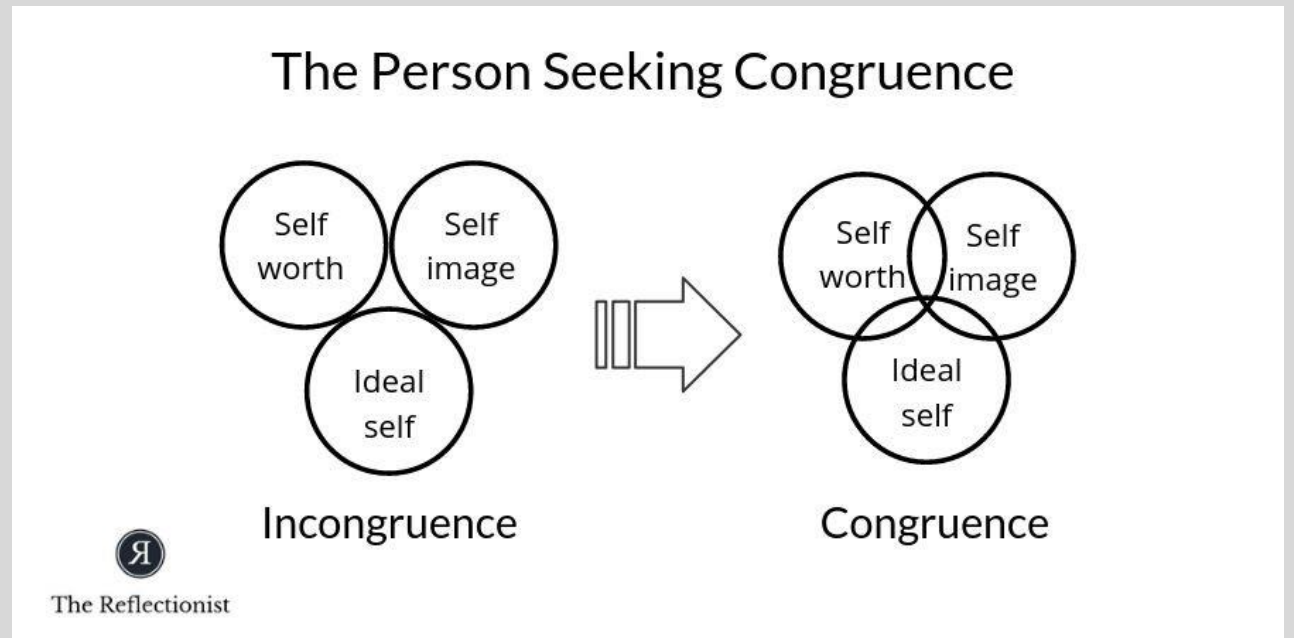


Congruence

Congruence means being genuine and warm to make someone feel safe and like they can trust you.

This allows the client and the psychologist to share a bond so they are able to help on another.

(Source: Maguire, 2019)

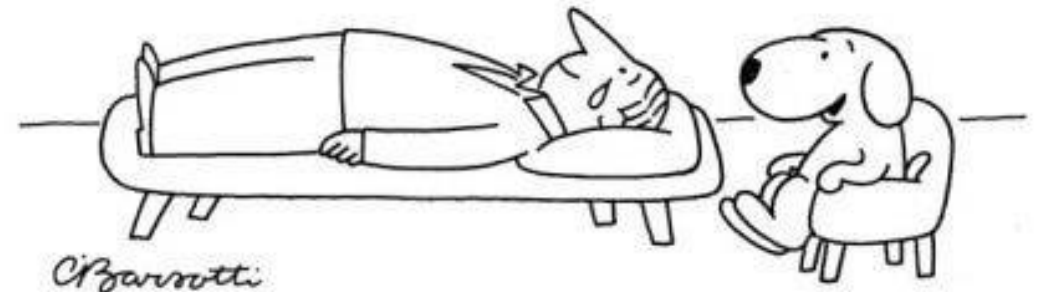


Unconditional Positive Regard

I believe that this is one of the main conditions that we should always look for in people. With this we can allow people to open up and tell us how they really feel without them feeling like they are being judged.

The children that we work will need to know that they are able to tell us anything and not be afraid of having that judgement hanging over their head.

(Source: Google)



"Well, I think you're wonderful."

Conclusion

I believe that Rogers' Client-Centred approach is what I would use within my sector of primary education. The fundamentals behind the approach is like the approach I would take to help on of the students within my class.

The help and support that we get from his teachings is that sometimes we need to put ourselves in their shoes to see where they are coming from. We also need to make sure that we attend to their needs and make ourselves more approachable so that the pupils can open up to us about any issues or worries that they may have.

Reference List:

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- (UPR Picture, accessed 04 January 2021, https://www.google.com/search?q=unconditional+positive+regard&safe=strict&sxsr=ALeKk03Pt1fvRQL-Wmd_dPrwEZswNnlhbQ:1609764020698&source=lnms&tbm=isch&sa=X&ved=2ahUKEwilqYClpoLuAhXIfMAKHcEkDxAQ_AUoAXoECB0QAw&biw=852&bih=791&dpr=1.13#imgsrc=SFBlf2WCiTDAnM)
- (Core Conditions Picture, accessed 04 January 2021, https://www.google.com/search?q=carl+rogers+core+conditions&tbm=isch&ved=2ahUKEwjWgtLBpIDuAhUFyRoKHVvSBrAQ2-cCegQIABAA&oq=carl+rogers&gs_lcp=CgNpbWcQARgDMgQIlxAnMgIIADICCAAYAggAMgIIADICCAAYAggAMgIIADICCAAYAggAOgcIABCxAXBDogQIABBDogcllxDqAhAnOggIABCxAXCDAToFCAAQsQNNQ0-ruAljgpe8CYOy17wJoAXAAeASAAAdMHiAGsLJIBCjAuMTEuMS42LTSYAQCgAQGqAQtnD3Mtd2l6LWltZ7ABCsABAQ&sclient=img&ei=aP7xX9auGIWSa9ukm4AL&bih=791&biw=852&safe=strict#imgsrc=okAal3wBDwXK0M)
- (Maguire, L. *Carl Rogers on Therapy and Reconciling internal conflict*, 22 July 2019, <https://medium.com/the-creative-mind/carl-rogers-on-therapy-reconciling-internal-conflict-1c80bb811979>)

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- (Sullivan. M, *PsychAlive: Empathy can help us right now*, 04 January 2021, <https://www.psychalive.org/empathy-can-help-us-right-now/>)
- (Tree of Life Picture, Accessed 04 January 2021, <https://www.psychologytoday.com/us/blog/how-do-life/202012/the-decision-tree-life>)
- (McLeod. S, *Person Centred Therapy*, updated 2019 <https://www.simplypsychology.org/client-centred-therapy.html>)
- (Accessed 02 January 2021, time 12:52, https://en.wikipedia.org/wiki/Carl_Rogers)