



Prifysgol Cymru
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Communication and Counselling

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Carl Rogers

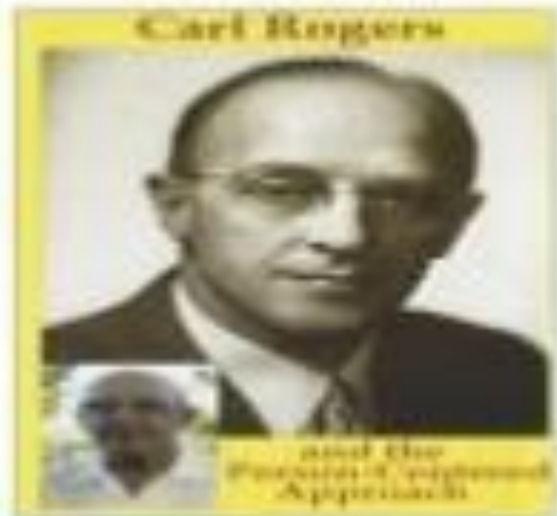
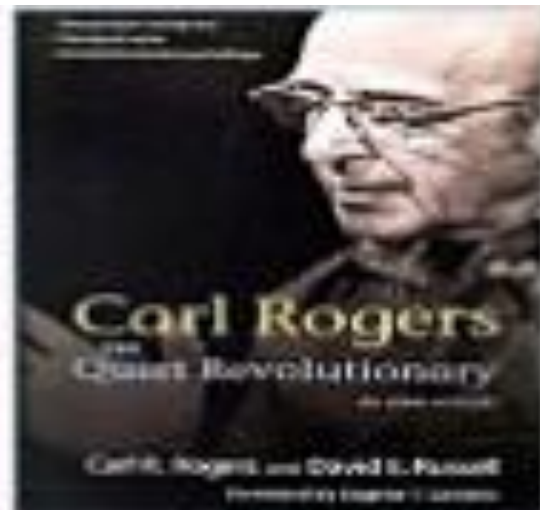
Person Centred Theory

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

Carl Rogers, 1902 - 1987



Rogers was well known for being the first to record his therapy sessions, thus demonstrating his theories and beliefs.

Provided audio recordings and training videos for other psychotherapists to use as training materials.

While at the University of Wisconsin, he wrote one of the most influential books, in 1961, entitled, On Becoming a Person: A Therapist's View of Psychotherapy.

▪ **Self Actualization Tendency** = is the built-in tendency to develop in a positive way. Those who have self-actualized have achieved autonomy, self-sufficiency, and personal growth.

▪ The person centered assumes that each person has a need for **Unconditional Positive Regard** = acceptance, respect, sympathy, and love regardless of performance.

▪Most people receive **Conditional Positive Regard** = is acceptance only for doing what parents or society insists upon; the person is valued for what he/she does, not for who he/she is.

▪Individuals may lose sight of their true worth by receiving **Conditional Positive Regard**. = They will leave the path of self-actualization and look to others for positive regard.

▪ **Threat** = occurs when we perceive incongruity between our experiences and our self-concept; when we no longer regard ourselves as a consistent whole but as fragmented and false.

▪ When expecting a threatening situation, we feel **Anxiety**. Anxiety is a signal indicating that there is trouble ahead, avoid the situation! We avoid the situation by using **Defenses**.

▪ Two defenses: **Denial** – blocking out the threatening situation altogether; **Perceptual Distortion**- reinterpreting the situation so that it appears less threatening.

Therapy

▪**Client-Centered**-The client should say what is wrong, find ways of improving, and determine the conclusion of therapy.

▪**Reflection**- Mirroring of emotional communication so the client understands that the therapist is listening and cares enough to understand.

▪**Requirements of the therapist**

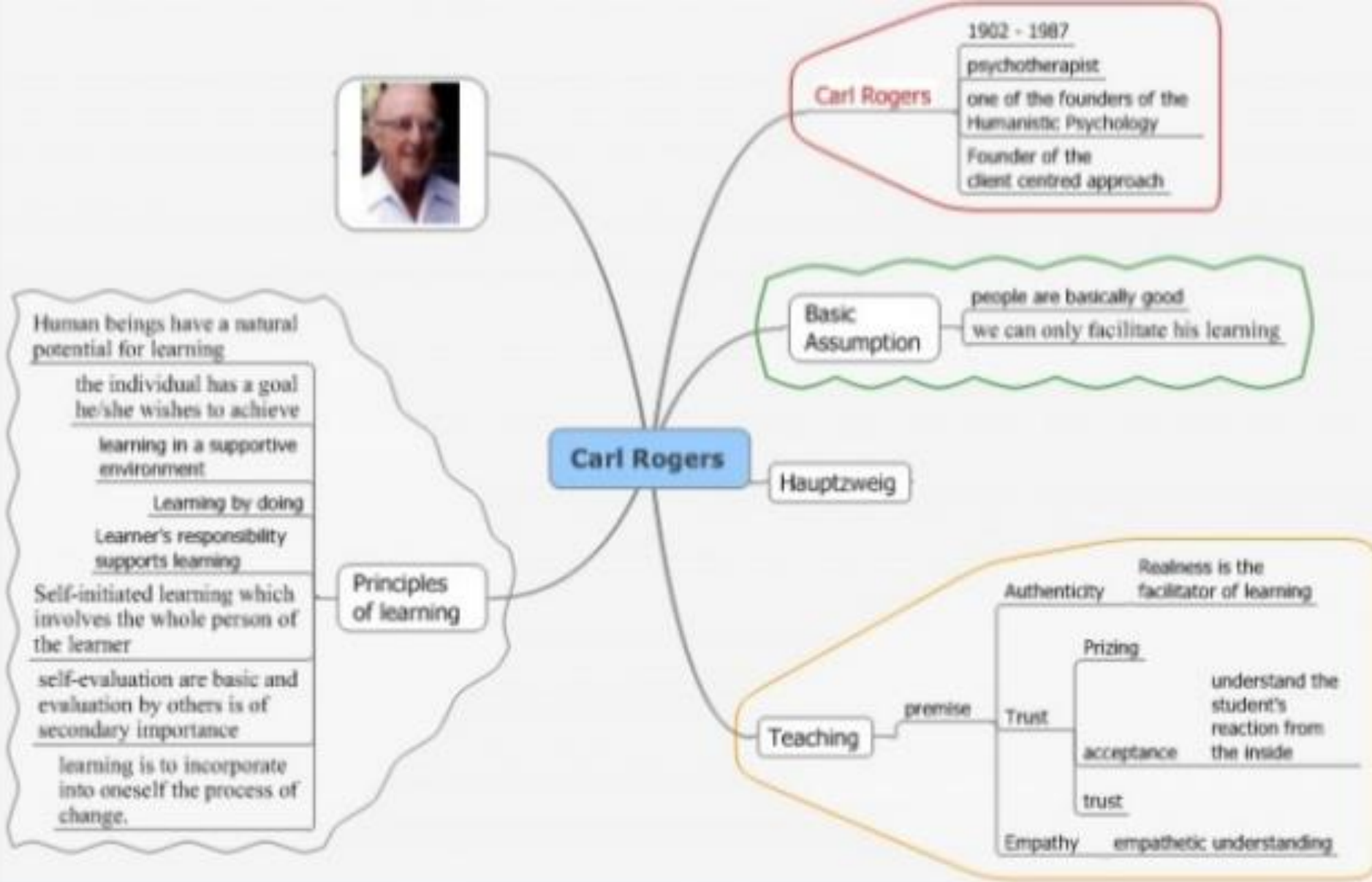
▪1. Congruence- genuineness, honesty with the client

▪2. Empathy- the ability to feel what the client feels.

▪3. Respect- acceptance, unconditional positive regard towards the client

▪These qualities are necessary and sufficient

- Developed the "Person Centered Theory"
- Rogers was the 1st to record/video tape sessions for educational purposes.
- 1st to refer to the person as a "Client" instead of patient
- Coined the term "Self Theory" the client views themselves, and how through therapy they can change their view of the future and how they desire to live.
- Rogers believed that "the core of man's nature is essentially positive". Victims of violent crimes would disagree.



- **Six Necessary and Sufficient Conditions**
- Rogers stated that 'for constructive personality change to occur, it is necessary that these [six] conditions exist and continue over a period of time.' The conditions are:
 - 1. Psychological contact between counsellor and client
 - 2. The client is incongruent (anxious or vulnerable)
 - 3. The counsellor is **congruent**
 - 4. The client receives **empathy** from the counsellor
 - 5. The counsellor shows **unconditional positive regard** towards the client
 - 6. Client perceives acceptance and unconditional positive regard
- *The six necessary and sufficient conditions are 'the hypothesised conditions by which the therapist facilitates constructive personality change' (Tudor and Merry, 2002: 25).*

