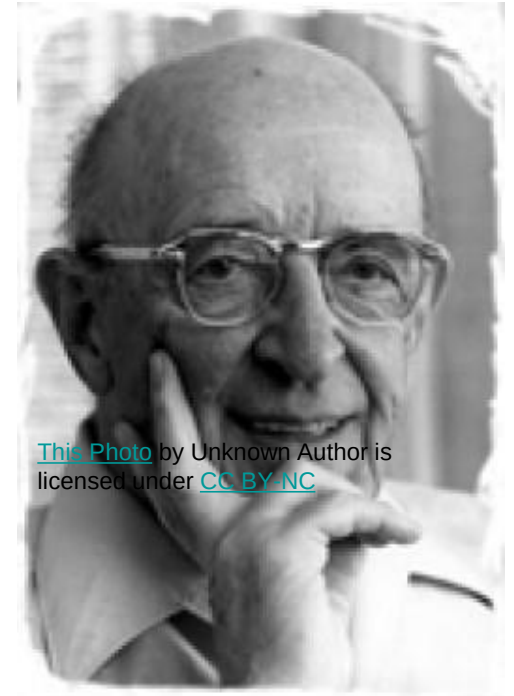


Carl Rogers

1902 - 1987





Person-Centred Therapy

Learning Outcomes

1. Identify the underpinning theory of Person Centred
2. Evaluate the core conditions in the therapeutic relationship.
3. Critique person-centred therapy within a nursing environment

Person Centred Theory

- The client is the centre of the helping process
- Helping is seen as activating the self-healing process
- A respectful, non-judgemental method of allowing the client to direct the process themselves through the wisdom of their self-healing tendencies.

Carl Rogers - Humanist

- Human beings have an inbuilt capacity to grow and achieve their potential
- This is called actualisation
- If the actualising tendency can be harnessed, human beings can solve their problems
- Actualisation will happen quite naturally if we have the right conditions All human for it
- The therapist provides these conditions in which we can explore our own experiences. This will help strengthen our self structure and tendency towards actualisation



Humanistic Therapy:

Based on the ideas of self-empowerment, self-actualisation, freedom, choices, values, purpose, meaning.



Rogers believed that

- People are honest, smart, and have ability to understand themselves
- People can solve their own problems
- People are capable of self-directed growth

PRIMARY DETERMINANTS OF THERAPY OUTCOME

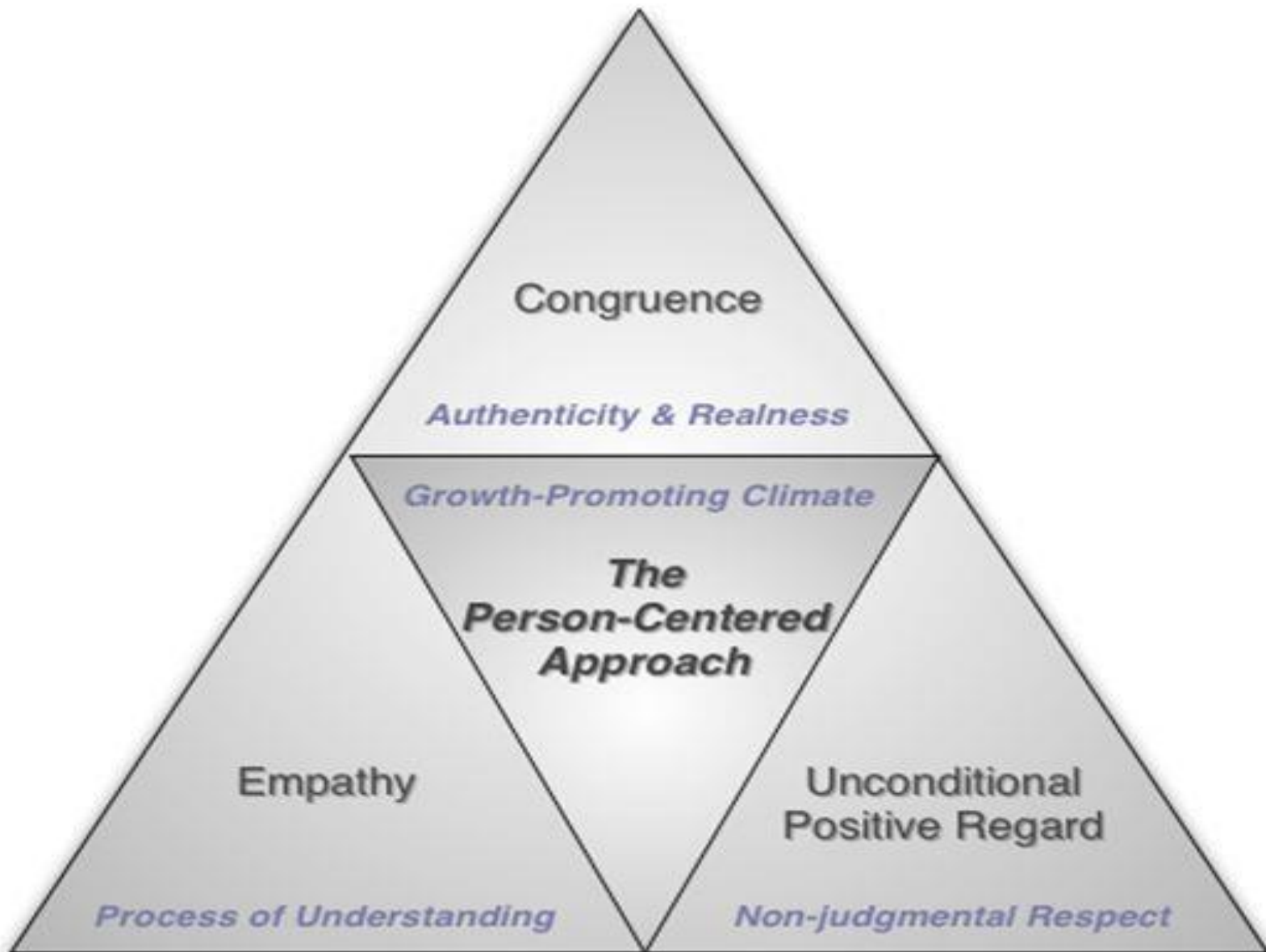
- Attitudes and characteristics of therapists
- Quality of client/therapist relationship



Six Necessary Conditions of Therapy

- 1. **Psychological contact** between counsellor and client.
- 2. The **client is incongruent** (anxious or vulnerable).
- 3. The **counsellor is congruent** or integrated in the relationship.
- 4. The therapist experiences **unconditional positive regard** for the client. **UPR**
- 5. The therapist experiences an **empathic** understanding of the client's frame of reference and communicates this experience to the client.
- 6. To some degree, the client perceives the therapist's unconditional positive regard and empathic understanding. This is communicated through the words and behaviours of the therapist.

Core Conditions



Core Condition - Empathy

- Known as the first core condition
- Carl Rogers describes “EMPATHY” as the ability to sense the client’s world ***as if*** it were your own without losing the ***as if*** quality,
Rogers (1957)
- Empathy is our ability to identify, to relate and understand another person’s feelings, thoughts and attitudes, see their world from their point of view.

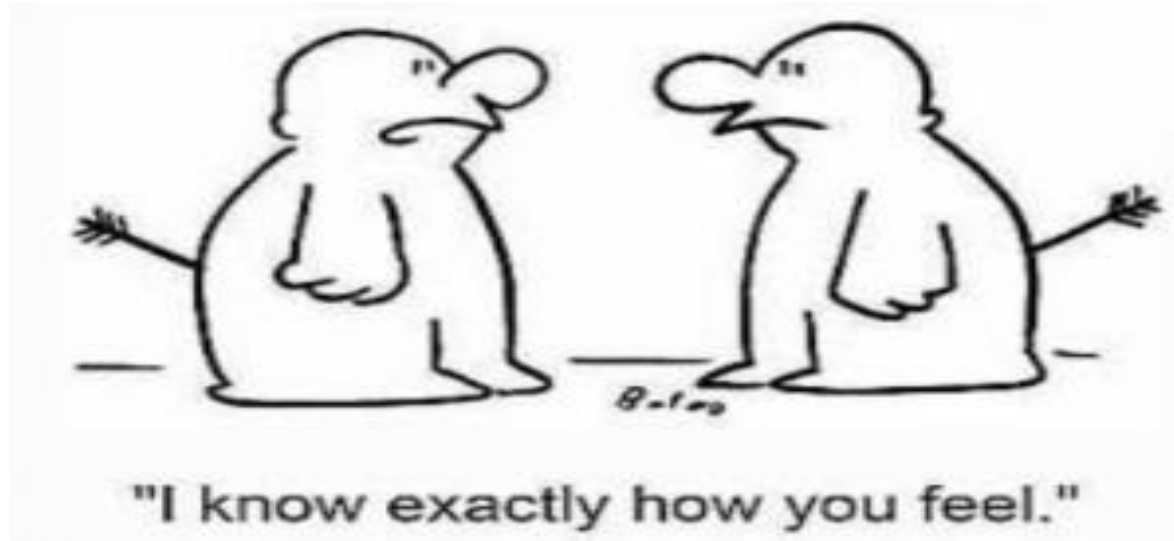
EMPATHY: experiencing others feelings and thoughts while remaining objective

- Communicate to someone your understanding of his/her thoughts and feelings
- Helps clients understand themselves
- Understand clients world as they see and feel it



Being Empathic Involves

1. Trying to make sense of what you hear
2. Understand the other person's experiences in their own terms
3. Checking to see if you've got the meaning right
4. Listening sensitively.



em • pa • thy

noun

The ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to use that understanding to guide our actions.

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Empathy is not

- Sympathy
-
- Identifying with your experiences
- Even if we have a similar experience, we will not have felt the exactly the same about it.

Why is Empathy Important?



- Allows us to create bonds of trust
- Creates connections between people
- Helps forge friendships
- Helps us to understand how or why others are reacting to situations
- Without empathy the world would be chaotic and uncivilised

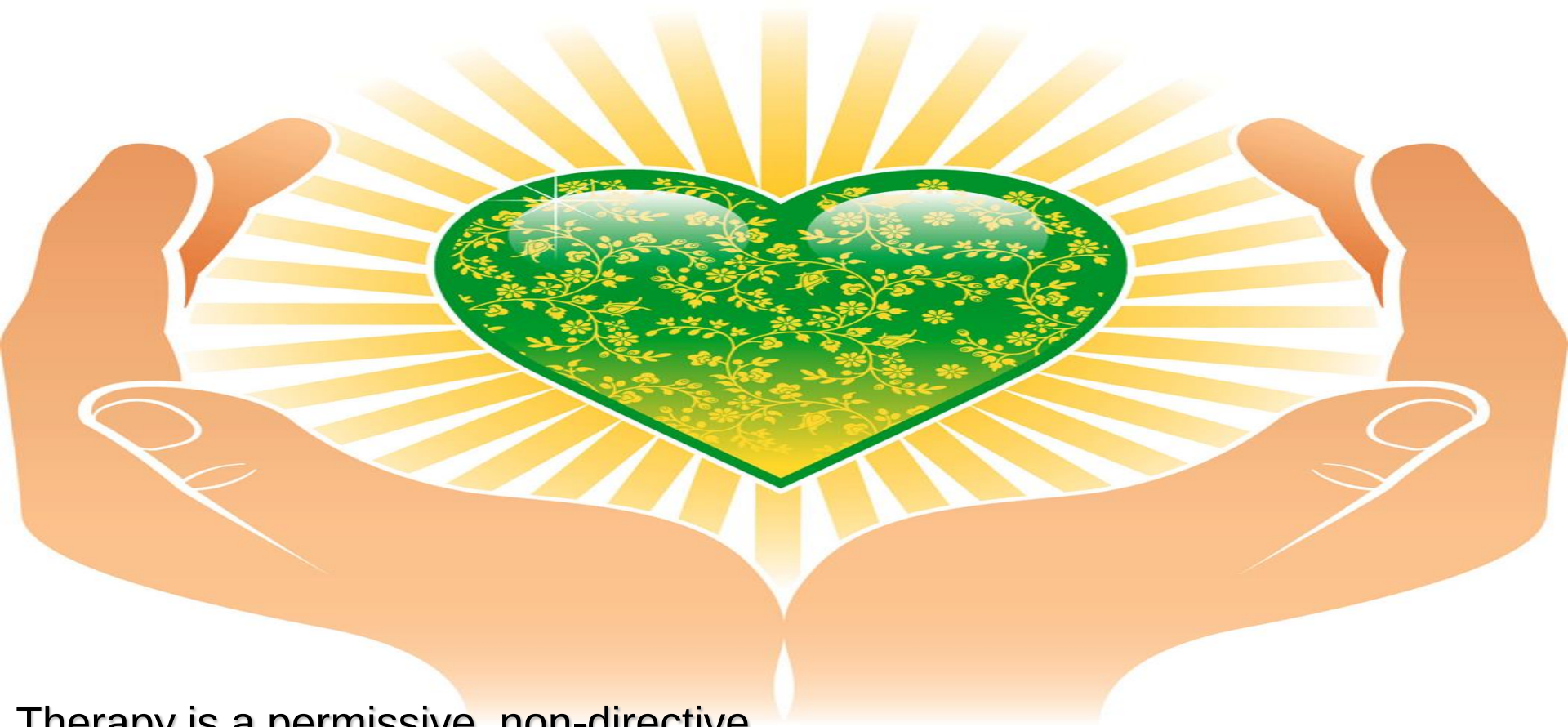
Congruence

- Second Core Condition
- Genuine/real
- Openness
- Transparency
- Communicating genuine feelings as they occur



Unconditional Positive Regard

- Third core condition
- Known as being **non-judgemental**, offering **warmth** and **acceptance**
- **Accepting** the person we are trying to help as a worthwhile human being
- Worthy means to see someone as a human being of equal value.
- Allows patients to talk about their difficulties without the fear of being criticised or judged



Therapy is a permissive, non-directive

Phenomenological approach: seeing and understanding others from their reference, perception

Therapist: creates a growth promoting environment, nondirective, not the expert, non controlling, caring, accepting, genuine..

GOAL OF COUNSELING:

- Set clients free to engage in self exploration
- Positive view of human nature
- Focus on what is right about someone
- Look at positive side of people
- Clients work on moving forward, positively, in their world



GOALS OF THERAPY

- Help client grow
- Focus on person, not problem
- People become more actualised
- Open to experiences
- Trust themselves
- Self-evaluation
- Continue growing



- Enter client's world
- Defenses are let down because therapist is real, genuine, caring
- Show unconditional positive regard
- Accept client
- Empathetic understanding of client



STRENGTHS

- Empathy
- Phenomenological approach
- Reflection
- Increase self-understanding
- Genuine
- Unconditional positive regard and acceptance



WEAKNESSES

- Client is not challenged
- Too simplistic
- No interventions/techniques
- Undirected
- Not all clients are able to find their own answers
- Not much research on theory and practice
- Theory has not evolved since the 1960's



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