

Humanistic Approach in OAE



What is the Humanistic Approach?

What has been called “the third force” of influence had earlier roots in humanistic philosophy, but it emerged as a powerful influence on psychology in the late 1950s—partly as an alternative to the dominating influence of behaviorism and psychoanalysis. Major players in the development of humanistic psychology were **Carl Rogers** (1902–1987) and **Abraham Maslow** (1908–1970)... and [post-] psychoanalysts Eric Fromm and Victor Frankl, were also involved with this movement. (Smith & Knapp, 2022, p. 130)

**The main focus is the
Here & Now**

Humanistic Approach in OAE

Main Focus

**Feelings
(current emotional state)**

here
&
now

**Bodily
sensations**

**Verbalising the
experience
(and active
listening)**

Carl Rogers

Person-Centred Approach

“All individuals **have within themselves the ability to guide their own lives** in a manner that is both personally satisfying and socially constructive. In a particular type of **helping relationship**, we free individuals to find their inner wisdom and confidence, and they will then make increasingly healthier and more constructive choices” (Kirschenbaum & Henderson, 1989 as cited by Smith, 2011, p. 185).



We are **innately good** - and for this part in us to flourish, we need to experience the facilitating 3 ‘core conditions’ (Rogers, 1957)



We have a natural internal force for growth:
self-actualisation

- Empathy
- Congruence
- Unconditional positive regard

Abraham Maslow

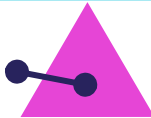
Motivation and Self-Actualization



Motivation is driven by varied needs, depicted in this theory as a hierarchical pyramid (Maslow, 1943)

Self-actualisation

(self-fulfillment,
sense of purpose)



Esteem

(self-respect,
recognition, status)



Love & belonging

(connection, friendship, support)



Safety needs

(health, security, resources, etc.)



Physiological Needs

(air, food, water, sleep, shelter, etc.)

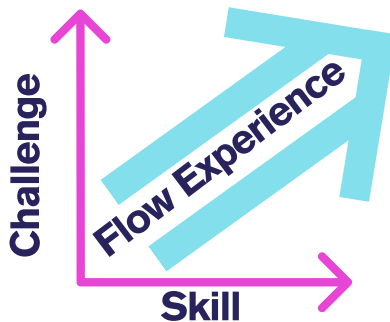


Positive Psychology in OAE

What is Positive Psychology?

It is a branch of psychology, usually situated within the humanistic approach, that focuses on identifying strengths ... in order to experience deep satisfaction and achieve a meaningful life or sense of fulfilling purpose.

One key author frequently used in outdoor and adventure learning is Mihaly Csikszentmihalyi, with the Theory of Flow (2008)



Connections for OAE practice

Facilitation

Empathy, authenticity (congruence) and transmitting acceptance to your participants are key skills/attitudes, while being aware of your own experience (Thomas, 2019)

Person-centred focus

Understand participants' needs and support them as appropriate.

The power of flow & peak experiences in programming

Seize the opportunities for meaningful learning (Boniface, 2007)

**Which others can
you identify?**

References

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References

Thomas, G. J. (2019) 'Learning to be a group facilitator in outdoor education: using self-awareness to overcome fears and be fully present', *Journal of Adventure Education and Outdoor Learning*, 19(4), pp. 287–300. doi: 10.1080/14729679.2018.1509720.