

Humanistic Theory & Approaches in Counselling

Counselling Theory & Approches



Introduction to Humanistic Psychology

- Overview of humanistic psychology
- Individual experience and self-actualization
- Key theorists: Carl Rogers, Abraham Maslow
- Core beliefs: inherent goodness, conscious experience, free will



Philosophical Underpinnings



Core Principles of Humanistic Counselling

Unconditional Positive Regard

Empathy

Congruence (authenticity)

Client-centered therapy

Carl Rogers and Person-Centred Approach

- Developed by Carl Rogers (1950s)
- Key concepts: empathy, unconditional positive regard, congruence
- **Therapeutic relationship** essential for change

Key Concepts of Person- Centred Therapy

Self-concept

Actualizing tendency

Conditions of worth

Therapeutic alliance

Facilitative Conditions Explained

Empathy: Understanding
client's perspective

Unconditional Positive
Regard: Non-judgmental
acceptance

Congruence:
Genuineness and
authenticity of counsellor

Goals of Person- Centred Therapy

Increased self-
understanding

Personal growth

Congruence between
self-concept and
experiences

Person-
Centred
Therapeutic
Techniques

Active listening

Reflection of feelings

Clarification

Minimal intervention

Strengths and Benefits

Empowers client

Effective with
diverse populations

Strong therapeutic
alliance

Limitations and Critiques

Less structured
approach

Limited for severe
psychological
conditions

Reliant on counsellor's
qualities

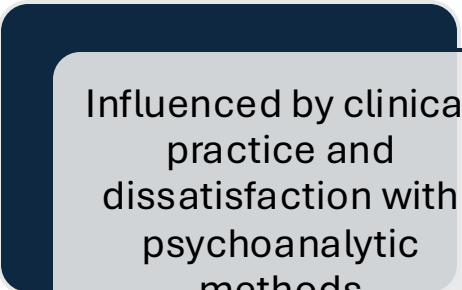


Practical Applications

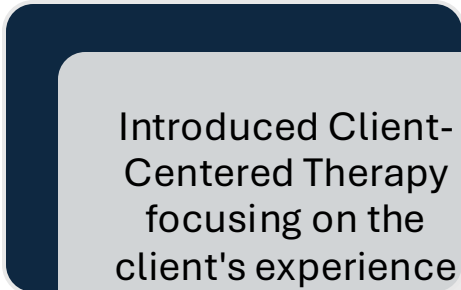




Development of Carl Rogers' Therapy



Influenced by clinical practice and dissatisfaction with psychoanalytic methods



Introduced Client-Centered Therapy focusing on the client's experience

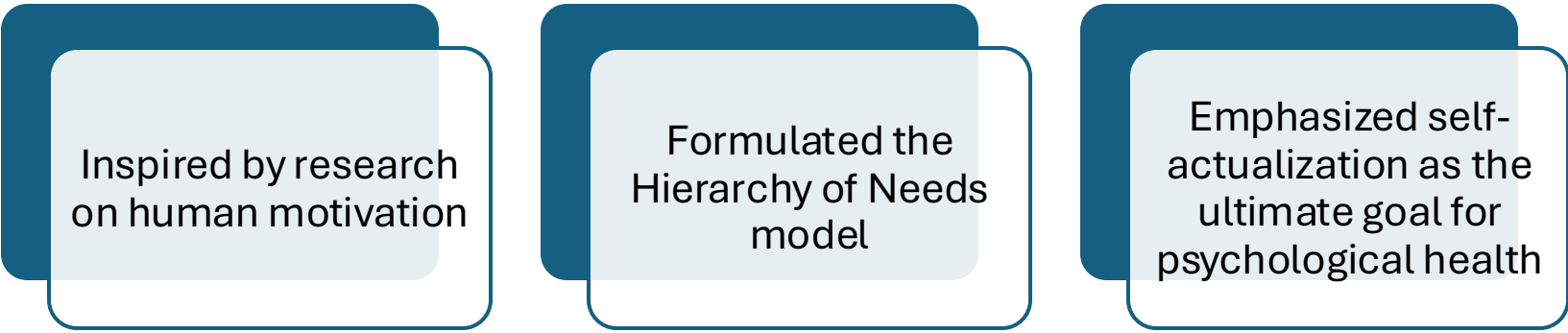


Emphasized empathy, authenticity, and unconditional positive regard





Development of Abraham Maslow's Therapy



Inspired by research
on human motivation

Formulated the
Hierarchy of Needs
model

Emphasized self-
actualization as the
ultimate goal for
psychological health



Other Less Known Humanistic Therapists

- Fritz Perls – Gestalt Therapy
 - Rollo May – Existential Therapy
 - Virginia Satir – Humanistic Family Therapy
 - Roberto Assagioli – Psychosynthesis
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Conclusion

- Importance of therapeutic relationship
- Adaptability of humanistic approaches
- Encouragement for ongoing reflection

