

Carl Rogers

How Carl Rogers contributed to our understanding of the role of “helping” and support, especially in an education setting.



Image reference - notesread.com

Rogers Background

Carl Rogers was born on the 8th January 1902 in Illinois, Chicago

Carl Rogers parents, Walter Rogers and Julia Cushing, were devout Christians and attended a Pentecostal Church. They brought their children up in the Christian community and had strict ethical views.

Carl Rogers was the fourth of six children

Carl Rogers was already able to read by the time he had started school so was moved to a higher year group to challenge his learning

It is thought that it was this upbringing that influenced Rogers theories and practices later on in life.

Core Conditions

In 1957, Rogers published an article entitled 'The necessary and sufficient conditions for therapeutic personality change'

Roger identified six conditions

Three of which are often referred to as the core conditions to a helping relationship.

- ▶ Empathic understanding
- ▶ Unconditional positive regard
- ▶ Congruence

Empathy

- ▶ Empathy is seeing something from another's point of view, so the counsellor seeing it through the eyes of the client
- ▶ McLeod 2019) believes 'For the client, the experience of being 'heard' or understood leads to a greater capacity to explore and accept previously denied aspects of self'
- ▶ Rogers described empathy as a 'state of being'
- ▶ Rogers believed that the ability of a counsellor to empathise with their client, accurately and sensitively, was a main part of the therapeutic effectiveness

Unconditional Positive Regard

- ▶ ‘Unconditional positive regard, or unpossessive warmth, is the way a therapist conveys to clients that they are regarded as valuable and worthwhile, without accepting or condoning everything they do or think’.
(Harvard Mental Health Letter.22(7))
- ▶ This is the skill of accepting others opinions, and knowing that they are valid, even if their views and feelings are different to your own.
- ▶ Unconditional positive regard is showing non-judgement acceptance.
- ▶ It involves being aware of your own beliefs, but recognising that others have different experiences, and their feelings are subject to their own reality.

Congruence

- ▶ Also known as genuineness
- ▶ The helper having a high degree of self awareness.
- ▶ Helper to communicate to the client as a real person, not hiding behind a professional or overly polite mask.
- ▶ Using verbal and non-verbal communication to send caring messages
- ▶ May include personal disclosures, but these disclosures must be for the benefit of the client and appropriate

Person centred approach

- ▶ Based on the idea of building a professional relationship with the client
- ▶ The client is regarded as an expert in their own life and problems
- ▶ Trying to fill the two primary needs, the need for self actualisation and the need to feel valued and loved by others

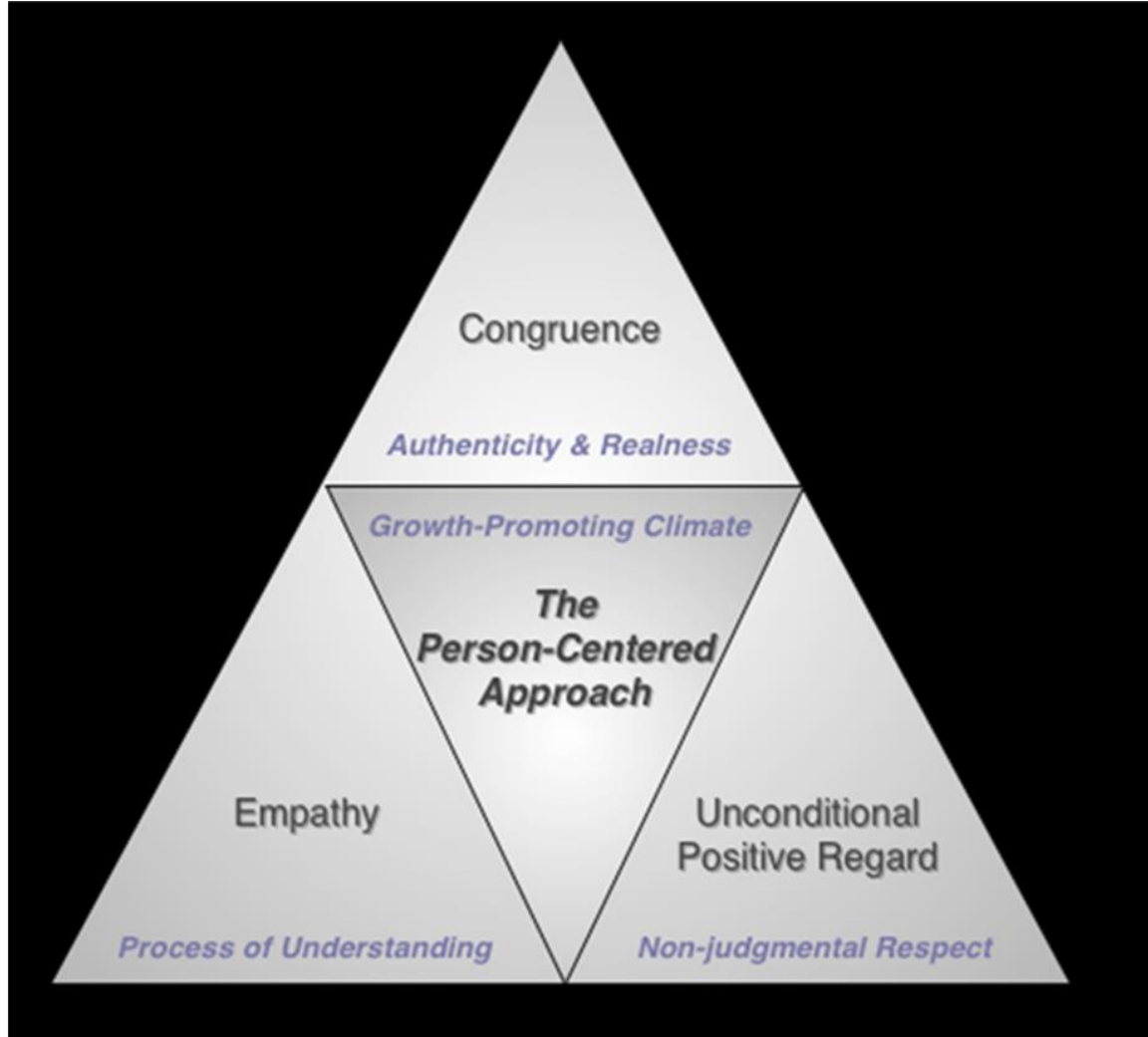


Image reference : Pinterest

How Rogers theories impacts out work in education setting.

- ▶ Building positive relationships with those we provide pastoral care for
- ▶ Understanding the every pupil is an individual, they have different backgrounds and experiences which affect their views and beliefs
- ▶ Ensuring that all pupils feel cared for and in a safe environment.
- ▶ Unconditional positive regard by showing pupils that we will be there to support them, no matter what.

Personal examples

- ▶ Giving unconditional positive regard to pupils after negative behaviours.
- ▶ Sharing past experiences, if and when appropriate
- ▶ Being sensitive when pupils are discussing issues, even if their experiences are different to mine

Quote from Carl Rogers

- ▶ "It is the client who knows what hurts, what directions to go, what problems are crucial, what experiences have been deeply buried." Rogers (1961)

Reference list

- ▶ [Aldridge,S., and Rigby,S.\(2001\) *Counselling Skills in Context*, London: Hodder](#)
- ▶ [McLeod, J., and McLeod, J, \(2007\) *Counselling Skills*, Croydon: Open University Press](#)
- ▶ [McLeon,J.,\(2019\) *An introduction to counselling and psychotherapy*, sixth edition,London: Open University Press](#)
- ▶ [Nelson-Jones, R., \(2003\) *Basic Counselling Skills, A Helpers Manual*, London: Sage publications](#)
- ▶ [1212‘Client-centered therapy. \(Cover story\)’ \(2006\) Harvard Mental Health Letter, 22\(7\), pp. 1-3. Available at: https://search.ebscohost.com/login.aspx?direct=true&db=aph&AN=19163987&site=ehost-live \(Accessed: 3 January 2021\)](#)
- ▶ [https://counsellingtutor.com/biography-of-carl-rogers/](#)
- ▶ [https://notesread.com/carl-rogers/](#)
- ▶ [https://www.pinterest.com/pin/22729173094249389/](#)
- ▶ [https://www.verywellmind.com/carl-rogers-quotes-2795693](#)