



Person-Centred Therapy



- Based on a philosophy of human nature as an innate striving for self-actualisation
- Self-actualisation: developing to one's fullest potential
- Reaction to directive therapies (e.g., psychoanalysis, behaviour therapy)

Carl Rogers: Humanist

Humanistic Therapy:

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



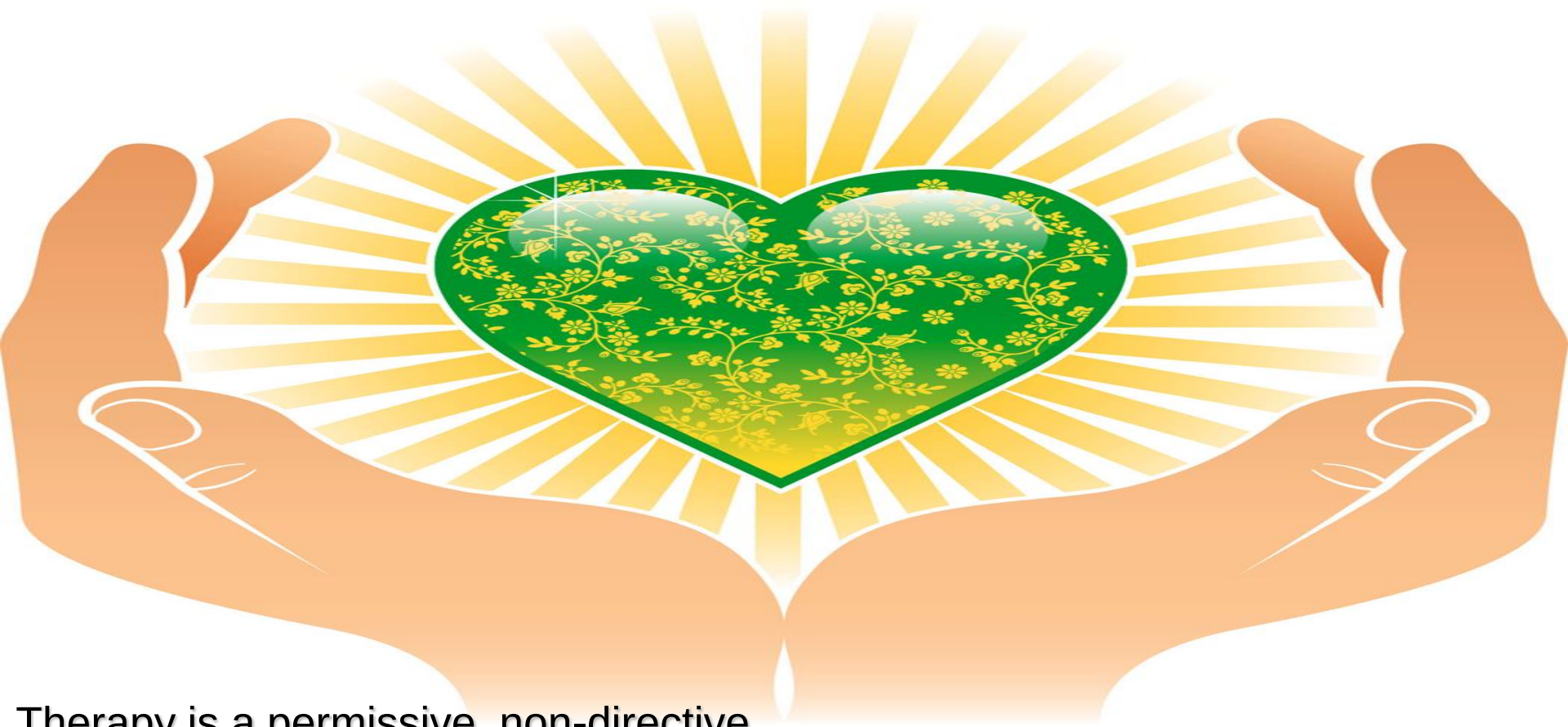
THEORY

- People are honest, smart, and have ability to understand themselves
- People have the ability to 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





Therapy is a permissive, non-directive

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

Therapist: creates a growth promoting environment, non directive, 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



- Client deals with obstacles that are blocking growth
- Therapist is real and empathetic; facilitates change in client
- Work in 'here and now'



GOALS OF THERAPY

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



An abstract graphic on the left side of the slide. It features several overlapping, irregular shapes in shades of orange, yellow, red, and blue. Some of these shapes have a scalloped or wavy edge. The background consists of wavy, organic shapes in various shades of blue and teal. There are also some darker, textured areas that look like stylized foliage or leaves in grey and dark blue.

THERAPIST ROLE AND FUNCTION

- Create a climate conducive to self-exploration
- Create a relationship that lets clients explore freely denied or distorted areas of life
- Be real, genuine, honest....
- Don't see client in diagnostic categories

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



CLIENTS EXPERIENCE

- Use relationship to gain self-understanding
- Explore feelings, thoughts, beliefs
- Discover hidden aspect of self
- Become less defensive over time
- Explore self
- Empower self to lead own life
- Experience life in 'here and now' not past or future



3 ATTITUDES THERAPIST MUST CONVEY

- Genuineness: open, real, honest
- Unconditional positive regard and acceptance: value and accept client as they are
- Empathetic understanding



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



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

