CLIENT CENTERED THERAPY
Carl Rogers

Influenced peer counseling and crisis counseling

Thomas Gordon: Parent Effectiveness Training

Conscious Free Will or Subjective Free Will

Rejection of the medical or disease model for helping those with psychological problems.

Clients not Patients

"Client Center" also reflects an important stance on the part of the therapist: It is the Client's feelings and thoughts that are salient. To do therapy, the therapist must “. . . genuinely accept [the client’s] feelings, fully accept the person who is experiencing them and, at the same time to accept his or her own feeling that the other’s behavior are disliked or unacceptable." Rogers, p. 185. 1951.

Active Listening is what the therapist does.

Assumptions of Humanistic Psychology
1. The basic goodness of mankind.

2. Each person is aware and exists in the center of a continually changing world.

   Awareness is subjective and personal. People cannot see that which is inconsistent with their overall experience of reality—both the reality of the world and of themselves. This "private world" "can only be known, in any genuine or complete sense, to the individual himself." Rogers, 1951, p 483

3. People do not react to some "absolute reality, but to [a] . . .perception of this reality." Rogers, 1951, 484.

4. The individual has one basic tendency and striving—to actualize, maintain and enhance the experiencing self.

5. Behavior is basically goal driven.

6. Emotions accompanies and in general facilities such goal directed behavior.

7: "The best vantage point for understanding behavior is from the internal frame of reference of the individual
8. "[A] point which needs to be made in regards to the development of a conscious self is the fact that it is not necessarily consistent with the [person].

9. The structure of the self—i.e., a person's experience of self, awareness of being, is formed "as a result of interaction with the environment and particularly as a result of evaluational interaction with others." Rogers, 1951, p 489.

10. "The values attached to experiences, and the values which are a part of the self structure, in some instances are values experienced directly by the organism, and in some instances are values introjected or taken over from others, but perceived in distorted fashion, as if they had been experienced directly." Rogers, 1951, 9 489

11. Experiences that occur in a person's life are either noticed and taken in or ignored—or distorted—, either because they do not relate to the person or because they are inconsistent with the structure of the self.

12. "Most of the ways of behaving which are adopted by [a person]. . .are those which are consistent with the
concept of self." Rogers, 1951, p 507

13. People can react and behave in ways that are reflective of experiences and needs of which the person is not conscious—does not see. In such instances the behavior is not "owned."

14. "Psychological maladjustment exists when the [person] . . . denies to awareness significant sensory and visceral experiences, which consequently are not symbolized and organized into the gestalt of the self-structure. When this situation exists, there is a basic or potential psychological tension." Rogers 1951, p 510

"Conscious control becomes more difficult as the [person] . . . strives to satisfy needs which are not consciously admitted, and to react to experiences which are denied by the conscious self. Tension then exists." Rogers, 1951, p 511. That the person experiences some unpleasant psychological state.

15. "Psychological adjustment exists when the concept of the self is such that all the sensory and visceral experiences of the [person] . . . are, or may be, assimilated on a symbolic level into a consistent relationship with the concept of self." Rogers 1951, p 513.
16. "Any experience which is inconsistent with the organization or structure of the self may be perceived as a threat, and the more of these perceptions there are, the more rigidly the self-structure is organized to maintain itself." Rogers, 1951, p513

17. "Under certain conditions, involving primarily complete absence of any threat to the self-structure, experiences which are inconsistent with it may be perceived and examined, and the structure of the self revised to assimilate and include such experiences." Rogers, 1951, p 517.

**Unconditional Positive Regard**

“...The therapist feels...[the] client to be a person of unconditional self-worth: of value no matter what his condition, his behavior, or his feelings.” Rogers, p. 185. 1951.

18. "When the individual perceives and accept into one consistent and integrated system all his sensory and visceral experiences, then he is necessarily more understanding of others and is more accepting of others as separate individuals." Rogers, 1951, p 240.
"As the individual perceives and accepts into his self-structure more of his organic experiences, he finds that he is replacing his present value system—based so largely upon introjections which have been distorted symbolized—with a continuing organismic valuing process." Rogers, 1951, 522

For a person to perceive him or herself more realistically means the person can break away from distorted views and the strong emotions those can trigger, and go on to become a "Fully Functioning Person."

[Someone who] . . . is more able to live fully in and with each and all of his feelings and reactions. . . . He makes use of all of the information his nervous system can thus supply, using it in awareness, but recognizing that his total organism may be, and often is, wiser than his awareness. He is more able to permit his total organism to function freely in all its complexity in selecting, from the multitude of possibilities, that behavior which in this moment of time will be most generally and genuinely satisfying.

Rogers, 1961
. . . the counselor's function is to assume, in so far as he is able, the internal frame of reference of the client, to perceive the world as the client sees it, to perceive the client himself as he is seen by himself, to lay aside all perceptions from the external frame of reference while doing so, and to communicate something of this empathic understanding of the client. Rogers, 1951, p 29.

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The Client Centered Therapist is:

  Accepting
  Genuine
  Empathic
  Non-directive
  Non-judgmental

This model applied to education: "Freedom To Learn"