

# Humanism

Kimberley A. Clow

[kclow2@uwo.ca](mailto:kclow2@uwo.ca)  
<http://instruct.uwo.ca/psychology/257e-570>

Office Hour: Thursdays 2-3pm  
Office: 5302

---

---

---

---

---

---

---

---

## Outline

- Setting the Stage
- Humanism
- Phenomenology
- Rogers
  - Congruence
  - Client-Centered Therapy
- Maslow
  - Hierarchy of Needs
  - Self-Actualizers

---

---

---

---

---

---

---

---

## Setting the Stage

- Historically
  - After World War II
  - Industrialization
- Psychological Theories
  - Psychoanalysis
  - Behaviourism
- Societal Issues
  - People being replaced by machines
  - Irrational, negative human behaviour

---

---

---

---

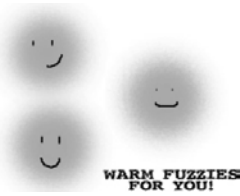
---

---

---

---

## Humanism



- Philosophical movement that emphasized the worth of the individual and the centrality of human values

---

---

---

---

---

---

---

---

## Phenomenology



- Reality is subjective
  - Measuring empirical truth misses out on the experience of the individual
  - Personal experience is everything
    - Who does this remind you of?
- Introspection
  - Trained participants
  - Studied sensations & memory

---

---

---

---

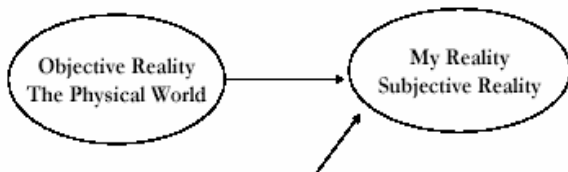
---

---

---

---

## Phenomenological Reality



- Individual Differences in Physiology
- Individual Differences in Personality
- Experience, Learning and Memory
- Culture

---

---

---

---

---

---

---

---

## Person-Centered Therapy



Carl Rogers

- Striving for self-actualization
  - Conditions of Worth interfere
- Supportive emotional environment that facilitates self-actualization
  - Genuineness
  - Empathy
  - Unconditional Positive Regard
  - Respect

---

---

---

---

---

---

---

---

## Development of Self



- Blush Test
  - Development of self-concept
- Organismic Valuing Process
  - What does this remind you of?

---

---

---

---

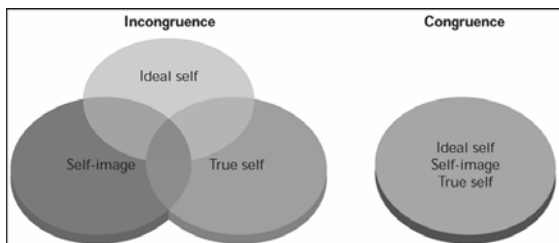
---

---

---

---

## Conflicting Selves



---

---

---

---

---

---

---

---

# Defences



- Incongruity
  - Leads to threatening situation
  - Threatening situation causes anxiety
  - Anxiety signals our defences
- Types
  - Denial
  - Perceptual Distortion

---

---

---

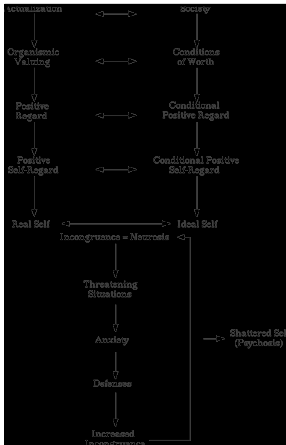
---

---

---

---

---



## Roger's in a Nutshell

---

---

---

---

---

---

---

---

# Fully Functioning Person

- Humans have a natural tendency to move toward becoming a fully functioning person
  - Openness to Experience
  - Existential Living
  - Organismic Trusting
  - Experiential Freedom
  - Creativity

---

---

---

---

---

---

---

---

## Client-Centered Therapy



- Communicating one-on-one
  - Introspection
  - Self-disclosure
  - Reflected feelings
- Techniques
  - Listening
  - Accepting
  - Respecting
  - Understanding
  - Responding

---

---

---

---

---

---

---

---

## Stages of Therapy

- Clients progress through multiple stages in the therapeutic relationship
  - Communicate about external things
  - Talk about feelings
    - Don't own them
  - Self is objectified and stuck in past
  - Experiences feelings in present
    - Associated with distrust & fear
    - Later embraced
  - Acceptance of self and feelings
  - Trusts new experiences
    - Relates to others openly & freely

---

---

---

---

---

---

---

---

## Joke

- Patient to Rogerian therapist
  - Patient: I'm really depressed.
  - Therapist: I see. Yes. You are depressed.
  - P: Nothing is going well.
  - T: Nothing well.
  - P: I feel like killing myself.
  - T: You're thinking of killing yourself.
  - P: Yes, I'm going to do it NOW.
  - T: You want to do it now.
  - P: [Jumps out window.]
  - T: Whoosh. Splat.

---

---

---

---

---

---

---

---

# Self-Actualization



- Innate process by which a person tends to grow spiritually and realize their full potential
  - Rogers
    - goal of life
  - Maslow
    - one of many goals

---

---

---

---

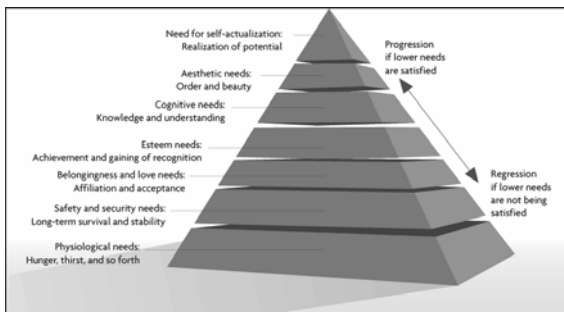
---

---

---

---

# Hierarchy of Needs



---

---

---

---

---

---

---

---

# Self-Actualized People

TABLE 12-7 Characteristics of Maslow's Sample of Self-Actualized Individuals

- Accept their own natures
- Are spontaneous and natural
- Are deeply democratic in nature
- Like privacy and tend to be detached
- Focus on problems outside themselves
- Exhibit a strong ethical and moral sense
- Have close but limited number of friendships
- Are independent of their cultural and social environment
- Prefer a philosophical rather than a hostile type of humor
- Have efficient perceptions of reality and are comfortable with those perceptions

Source: Maslow, 1970.

---

---

---

---

---

---

---

---

## Motivations



Abraham Maslow

- Self-Actualizers have a qualitatively different life
  - Being Motivations
  - (B-motives)
    - Inner growth
- Everyone else
  - Deficiency Motivations
  - (D-motives)
    - Need Directed Perception

---

---

---

---

---

---

---

---

## Metaneeds & Metapathologies

- |              |                     |
|--------------|---------------------|
| ■ Truth      | ■ Justice           |
| ■ Goodness   | ■ Simplicity        |
| ■ Beauty     | ■ Comprehensiveness |
| ■ Unity      | ■ Effortlessness    |
| ■ Aliveness  | ■ Playfulness       |
| ■ Uniqueness | ■ Self-Sufficiency  |
| ■ Perfection | ■ Meaningfulness    |
| ■ Completion |                     |

---

---

---

---

---

---

---

---