

Person-Centred Therapy



PCT

What is Person-centred therapy?



- * Person-centred therapy is an approach to helping individuals and groups in conflict.
- * It is a self directed growth process and follows the provision and reception of a particular kind of relationship characterised by genuineness, non-judgemental caring and empathy.
- * Cross cultural groups

Basics concepts of PCT



- Actualising tendency
- Formative tendency

Person-centred approach is built on trust that individuals and groups can set their own goals and monitor their progress towards these goals.

Groups are believed to be capable of developing the processes that are right for them, and of resolving conflicts within the group

- Congruence, unconditional positive regard and empathy represent basic concepts of person centred therapy. These are qualities that therapist provide.
- Therapist possess unconditional positive regard.
- Regard for the client will not be affected by these particular choices, characteristics, or outcomes.
- Genuine regard through empathy.
- Empathic reflects and attitude of profound interest in the clients world of meanings and feelings
- Self-concept is self-regard
- Locus of evaluation- gained in self-esteem tended to shift the basis for their standards and values from other people to themselves
- Become more positive
- Less dependant

- Congruence, unconditional positive regard and empathy represent basic concepts of person centred therapy. These are qualities that therapist provide.
- Therapist possess unconditional positive regard.
- Regard for the client will not be affected by these particular choices, characteristics, or outcomes.
- Genuine regard through empathy.
- Empathic reflects and attitude of profound interest in the clients world of meanings and feelings
- Self-concept is self-regard
- Locus of evaluation- gained in self-esteem tended to shift the basis for their standards and values from other people to themselves
- Become more positive
- Less dependant

Other Systems



Self-actualising – by Kurt Goldstein

United by six basic premises of humanistic psychology.

Alder, Allport Gestalt psychologists, Erich Fromm, Karen Horney and Harry Stack Sullivan, Kelly.

Characteristics of client centred therapy.

Distinguished person-centred therapy from psychoanalysis and from behaviour modification in these terms:

Psychoanalysis the analyst aims to interpret connections between the past and the present. Person centred therapy, the therapist facilitates the clients discoveries of the meanings of his or her own current inner experiencing. Transference relationships may begin, but they do not become full-blown. Behaviour change, external control of associations to stimuli and the consequences of various responses.

Empathy, Unconditional Positive Regard, congruence and Ability to Inspire Confidence. Ellis – Therapist-Directed dimensions.

1. Unlike RET, person-centred approach greatly values the therapeutic relationship.
2. Rational-emotive therapist direction.
3. Rational-emotive therapists provide direction
4. Person-centred therapy characteristically leads to actions chosen by the client
5. The person centred therapist will relate to the client on a feeling level and in a respectful and accepting way, rational emotive inclined to interrupt self and interpersonal relationships.

In the beginning

Influences Rodgers learning that traditional child guidance methods in which he had been trained do not work very well.

- Religious fundamentalism.
- Clinical process interviewing of parents, the results of assessments provided the basis for a treatment plan. Rodger's view became more radical.
- Counselling and psychotherapy
- Process and outcomes of psychotherapy
- Rodgers views became more radical
- Counselling and psychology
- Process and outcomes of psychotherapy
- Rodger's philosophy of the "exquisitely rational"
- Client-centred therapy deepened and broadened
- Application of a person-centred approach to international conflict resolution.



Carl Rogers



Carl Rogers was born January 8, 1902 in Oak Park, Illinois, a suburb of Chicago, the fourth of six children. His father was a successful civil engineer and his mother was a housewife and devout Christian. His education started in the second grade, because he could already read before kindergarten.

He went on to the University of Wisconsin as an agriculture major. Later, he switched to religion to study for the ministry. During this time, he was selected as one of ten students to go to Beijing. When Carl was 12, his family moved to a farm about 30 miles west of Chicago, and it was here that he was to spend his adolescence. With a strict upbringing and many chores, Carl was to become rather isolated, independent, and self-disciplined. He went to Beijing for the “World Student Christian Federation Conference” for six months. He tells us that his new experiences so broadened his thinking that he began to doubt some of his basic religious views.

After graduation, he married Helen Elliot (against his parents’ wishes), moved to New York City, and began attending the Union Theological Seminary, a famous liberal religious institution. While there, he took a student organized seminar called “Why am I entering the ministry?” I might as well tell you that, unless you want to change your career, never take a class with such a title! He tells us that most of the participants “thought their way right out of religious work.”

Theory of personality



Rodgers moved from a disinterest in psychological theory to the development of a rigorous nineteen-proposition :theory of therapy, personality and interpersonal relationships”

Gradual recognition and admission of a real self with its childish, aggressive and ambivalent aspects as well as more mature components.

Client-centred therapy has led us to try to adopt the clients perceptual field as the basis for genuine understanding.

Rogers comments that:



Theory is basically phenomenological in character, heavily upon the concept of the self as an explanatory construct

Represents freedom from internal strain and anxiety, and freedom from potential strain; which would represent the maximum realistically oriented adaptation.

Growth oriented rather than developmental. Accurate not acknowledge Rodger's sensitivity to the attitudes with which children are confronted, beginning in infancy

Part of the developing infant's private world becomes recognised as "me", "I", or "myself". Interacting with the environment, as building up concepts about themselves, about the environment, and about themselves I relations to the environment.

Situation changes once children begin to be evaluated by others.

Types of interaction may sow the seeds of confusion about self, self-doubt an disapproval of self, and reliance upon evaluation of others.

Concepts



- **Experience:** refers to the private world of the individual.
- **Reality:** is basically the private world of individual perception though for social purposes reality consists of those perceptions that have a high degree of communality among various individuals.
- **The Organism reacting as an Organised Whole:** a person must be hungry, but because of a report to complete, will skip lunch.
- **The Organism's Actualising Tendency:** the child's painful struggle to learn to walk is an example. Given a free choice and in the absence of external forces, healthy rather than sick.
- **The Internal Frame of Reference:** perceptual field of the individual. Internal Frame of reference provides the fullest understanding of why people behave as they do

Concepts cont.....



- **The self, concept of self, self structure:** these terms to the organised, consistent, conception Gestalt composed of perceptions of the characteristics of the 'I' or 'me' and the perceptions of the relationships of the 'I' or 'me' various aspects of life.
- **Symbolization:** process individual becomes aware or conscious of an experience. Deny symbolization to experiences.
- **Psychological Adjustment or Maladjustment:** consistency, or lack of consistency, between an individual sensory and visceral experiences and concept of self.
- **Organism Valuing Process:** ongoing process in which individuals freely rely on the evidence of their own senses for making value judgments. Socialised system of values and behaviours
- **The Fully Functioning Person:** rely on organismic valuing processes as fully functioning people, able to experience all of their feeling, afraid if none of them. Physiological responsiveness efficient us of the environment.

Theory of Psychotherapy



Therapist is successful in conveying genuine, unconditional positive regard and empathy then the client will respond with constructive changes in personality organisation.

- Empathy: is an active, immediate, continuous process. Maximum effort to get within and to live the attitudes expressed instead of observing them, diagnosing them or thinking of ways to make the process go faster. Person-centred therapists vary in their view of empathic understanding process.
- Unconditional positive regard: warmth, acceptance, no possessiveness, being caring and prizing.



- **Congruence:** attitudinal conditions that foster therapeutic growth...(it)does not mean that the therapist burdens the client with all of his or her problems or feelings. Occurrence of therapist fatigue is to express it.
- **Implied Therapeutic Conditions:** three other conditions in addition to the “therapist-offered”
 1. Client and therapist in psychological contact
 2. Client experiencing some anxiety, vulnerability or incongruence
 3. Client must receive or experience the conditions offered by the therapist.

Process of Psychotherapy



- Therapy begins immediately
- Show respect for clients
- She listens without prejudice
- Does not have her own agenda
- Therapist recognition and acceptance of this attitude.
- Person-centred therapists commonly share with their clients the responsibility for fee setting and manner of payment
- Regard is also demonstrated through discussion of options group therapy or family therapy
- Client is regarded as the expert

Applications



Problem: conditions do not include psychological tests, history taking or other assessment procedures leading to diagnoses and treatment plan. Diagnostic labels take away.

Evaluation: person-centred therapy is the evaluative process in the client. Client evaluates whether therapy is useful and specific way. Personality development in person centred therapy is based on how clients experience change, smooth transition from clients description of change and those of therapists or external judges. “The self as perceived by the individual”. “the necessary and sufficient conditions of constructive personality change”.

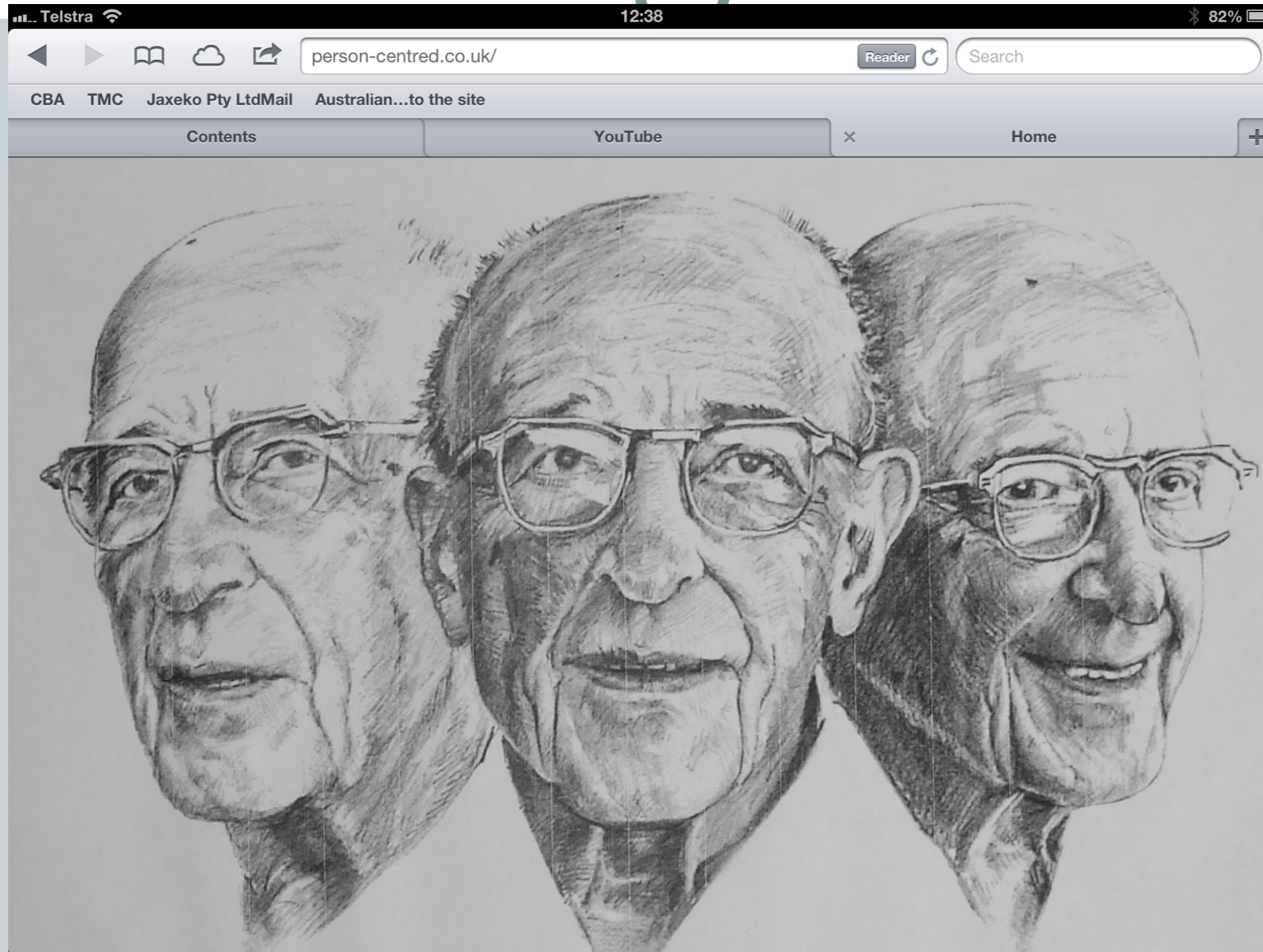
Treatment: “client centred”, “person centred”

Play Therapy: with children. Axline comprehensive system of treatment for children. Self direction and self actualisation.

The Intensive Group: core of the process, the “basic encounter,” individual in the group responds with undivided empathy to another in the group.

Peace and Conflict Resolution: searching for peaceful ways to resolve conflict between larger groups become the cutting edge of the person-centred movement. Conflicts between nations.

Rogers in action



Summary



Person-centred approach is that individuals have within themselves vast resources for self-understanding and for altering their self-concept, behaviour and attitudes towards others. Created by a psychotherapist who is empathic, caring and genuine.

Empathy: refers to a consistent, unflagging appreciation of the experience of the client.

Caring: profound respect for the individuality of the client and by unconditional, non-possessive regard.

Genuineness: is congruence between what the therapist feels and says.

Successful person centred therapy are increased self-esteem and greater openness to experience.

Scientifically based system prizing individual worth.