


## Carl Rogers's Four Phases of Person-Centered Therapy



<b>Developmental</b>	-	forming his approach
<b>Nondirective and</b>	-	focus on understanding the client communicating understanding
<b>Client-centered</b>	-	theoretical development of therapeutic change
<b>Person-centered</b>	-	application to family, groups, and political activism as well as the individual

Slide 1 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

1

---

---

---

---

---

---

---

---

## Influences on Carl Rogers's Development of Person-Centered Therapy



**Early theological training**

<b>Otto Rank</b>	-	creativity of individuals
<b>Alfred Adler</b>	-	value of the individual and good relationships
<b>Abraham Maslow</b>	-	self-actualization
<b>Martin Buber</b>	-	"I-Thou"
<b>Rollo May</b>	-	existentialism

Slide 2 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

2

---

---

---

---

---

---

---

---

## Person-Centered View of Psychological Development



<b>Infancy</b>	-	monitoring of pleasantness of environment
<b>Children</b>	-	develop trust in their reactions to the environment
<b>Older children</b>	-	develop a need for positive regard from others
<b>Older children and adults</b>	-	develop a sense of self-worth or self regard

Slide 3 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

3

---

---

---

---


---

---

---

---

## Person-Centered Theory of Personality



Conditions of worth	-	lead to incongruence
Conditional regard	-	a sense of alienation

Psychological disturbance is related to the amount of incongruence between individual experience and self-concept

Congruent relationships	-	a sense of being heard and understood
Fully functioning person	-	provide positive regard to others and receive it from others - a goal
Psychological maturity	-	openness, creativity, and responsibility

Slide 4 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

4

---

---

---

---

---

---

---

---

---

---

## Goals of Person-Centered Therapy



Client determines goal

More deeply understand various aspects of oneself

Accept oneself and others

More self-direction which leads to better problem solving ability and less defensiveness

Slide 5 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

5

---

---

---

---

---

---


---

---

---

---

## Necessary and Sufficient Conditions for Person-Centered Change



1. Psychological contact between two people
2. Client is incongruent

Therapist provides

3. Congruence and genuineness
4. Unconditional positive regard or acceptance
5. Empathy

The client perceives

6. Empathy and acceptance

Slide 6 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

6

---

---

---

---

---

---


---

---

---

---

## What the Client Experiences in Person-Centered Therapy



**Responsibility for self**

**The therapist's empathy and unconditional positive regard** which stimulates

**The process of exploring oneself** which allows the client to

**Experience oneself**

**Experience therapeutic change**

Slide 7 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

7

---

---

---

---

---

---


---

---

---

---

## Psychological Disorders: Examples of the Person-Centered Approach



<u>Disorder</u>	<u>Therapist</u>	<u>Patient</u>
Depression	Rogers, C.	Female graduate student
Borderline	Swildens, J.	40 year old woman
Grief and loss	Rogers, D.	7 year old boy

Slide 8 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

8

---

---

---

---

---

---

---

---

---

---

## Current Trends in Person-Centered Therapy



**Application of person-centered principles to international concerns regarding conflict and peace**

**Incorporating other theoretical models into person-centered therapy**

**Constructionist trends - empathy with the individual in a cultural context**

**Training trends - person-centered ideals applied to graduate training**

Slide 9 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

9

---

---

---

---

---

---

---

---

---

---

## Gender Issues in Person-Centered Therapy



Can therapists truly understand clients of the other gender?

Focus on intimacy in relationships

Therapists values and homosexual clients

Slide 10 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

10

---

---

---

---

---

---

---

---

## Multicultural Issues and Person-Centered Therapy



Person-centered therapy is practiced world wide, especially in areas of conflict.

Are genuineness, acceptance, and empathy cultural values that are limited to certain cultures?

Does Rogers's emphasis on the individual, conflict with the family values of some cultures?

Slide 11 Chapter 6

Copyright © 2008 Brooks/Cole  
A division of Thomson Learning

11

---

---

---

---

---

---

---

---