Rogersian Humanistic Approach

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The Person-Centered Approach

His approach to treatment is called Client or Person-Centered-Therapy because it sees the individual, rather than the therapist or the treatment process as the center of effective change. Elements of this approach even work for relationship between mentor teachers and students as well. Main clues are:

1. Unconditional Positive Regard:

The therapist must believe that people are basically good and must demonstrate this belief to the client. Accepting the client as innately worthwhile does not mean accepting all actions the client may exhibit.

2. Non-Judgmental Attitude:

Along with seeing the person as worthy, the therapist should never pass judgment on the individual. Roger's believed that people are competent in seeing their mistakes and knowing what needs to change even if they may not initially admit it. He also believed that by judging a person, you are more likely to prevent disclosure.

3. Disclosure:

Disclosure refers to the sharing of personal information. Unlike Psychoanalysis and many other approaches to therapy, Roger's believed that in order for the client to disclose, the therapist must do the same.

4. Reflection:

Rogers believed that the key to understanding the self was not interpretation, but rather reflection. It shows the client that you are paying attention, thinking about what he or she is saying, and also understanding the underlying thoughts and feelings. Even, it allows the client to hear their own thoughts in a different way.

By following these concepts, therapy becomes a self-exploration where the therapist is the guide rather than the director.

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