

## Person-Centered Approach: Basics

The **Person Centered Approach** by Carl Rogers (1902 – 1987)

**Developmental tendency** in the PCA (Rogers, 1961):

If I can create a relationship characterized on my part:

By a genuineness and transparency in which I am my real feelings;

By a warm acceptance of and prizing of the other person as a separate individual;

By a sensitive ability to see his world and himself as he sees them, then

the other person in the relationship:

will experience and understand aspects of himself which previously he has repressed;

will find himself becoming better integrated, more able to function effectively;

will become more similar to the person he would like to be;

will be more self-directing and self-confident;

will become more of a person, more unique and more self-expressive;

will be more understanding, more acceptant of others;

will be able to cope with the problems of life more adequately and more comfortably."

### Actualizing Tendency.

This is the inherent tendency of the organism to develop all its capacities in ways which serve to maintain or enhance the organism. It involves not only the tendency to meet what Maslow terms "deficiency needs" for air, food, water, and the like, but also more generalized activities. It involves development towards the differentiation of organs and functions, expansion in terms of growth, expansion of effectiveness through the use of tools, expansion and enhancement through reproduction. It is development toward autonomy, and away from heteronomy, or control by external forces. Angyal's statement could be used as a synonym for this term: "Life is an autonomous event which takes place between the organism and the environment. Life processes do not merely tend to preserve life but to transcend the momentary status quo of the organism, expanding itself continually and imposing its autonomous determination upon an ever increasing realm of events."

It should be noted that this basic actualising tendency is the only motive which is postulated in this theoretical system. It should also be noted that this is the organism as a whole, and only the organism as a whole, which exhibits this tendency. There are no other homunculi, no other sources of energy or action in the system. [...]

It might also be mentioned that such concepts of motivation as are termed need-reduction, tension-reduction, are included in this concept. It also includes, however, the growth motivations which appear to go beyond these terms: the seeking of pleasurable tensions, the tendency to be creative, the tendency to learn painfully to walk when crawling would meet the same needs more comfortably.

### Rogers's Three Core Conditions or Person Centered Attitudes

#### ***Realness, transparency.***

"I have found that the more that I can be genuine in the relationship, the more helpful it will be. [...] Being genuine also involves the willingness to be and to express, in my words and my behavior, the various feelings and attitudes, which exist in me. [...] It is only by providing the genuine reality which is in me, that the other person can successfully seek for the reality in him." (Rogers 1961, p.33)

Similar terms describing the whole complex are: congruence, realness, transparency, genuineness, authenticity, openness to experience

#### ***Acceptance, unconditional positive regard.***

"I find that the more acceptance and liking I feel toward this individual, the more I will be creating a relationship which he can use. By acceptance I mean a warm regard for him as a person of unconditional self-worth, of value no matter what his condition, his behavior, his feelings. It means a respect and liking for him as a separate person, a willingness for him to possess his own feelings in his own way." (Rogers, 1961, S. 34)

#### ***Understanding, empathy.***

"[...] I feel a continuing desire to understand - a sensitive empathy which each of the client's feelings and communications as they seem to him at that moment. Acceptance does not mean much until it involves understanding. It is only that I understand the feelings and thoughts which seem so horrible to you, or so weak [...] - it is only as I see them as you see them and accept them and you, that you feel really free to explore [...] your inner and often buried experience. [...] There is implied here a freedom to explore oneself at both conscious and unconscious levels." (Rogers, 1961, S. 35)

### **Resources:**

<http://www.infed.org/thinkers/et-rogers.htm>

Rogers, C., R. (1959). A Theory of Therapy, Personality, and Interpersonal Relationships, as Developed in the Client-Centered Framework. in: Psychology: A Study of a Science. Vol. 3, S. Koch, ed., New York, Toronto, London: Mc. Graw-Hill, Inc.

Rogers C., R. (1961). On Becoming A Person - A Psychotherapists View of Psychotherapy. Constable, 1961.

---

Last modified: 20.09.2016, 14:12 | 777 Words