

PATNA UNIVERSITY
M.A(PSYCHOLOGY) SEMESTER-4
CLINICAL PSYCHOLOGY EC2 (PSYCHOTHERAPY)
TOPIC: CLIENT CENTERED THERAPY

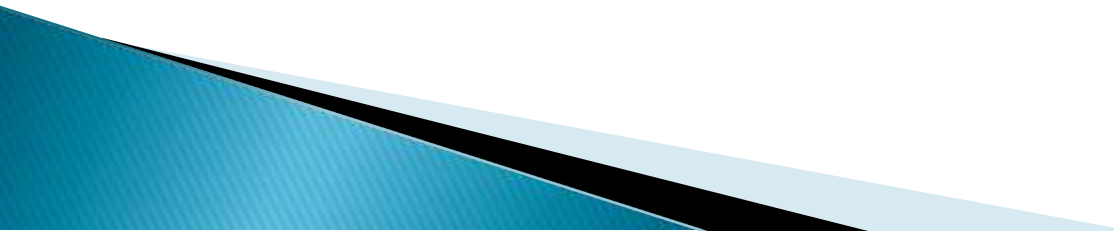
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Client Centered Therapy

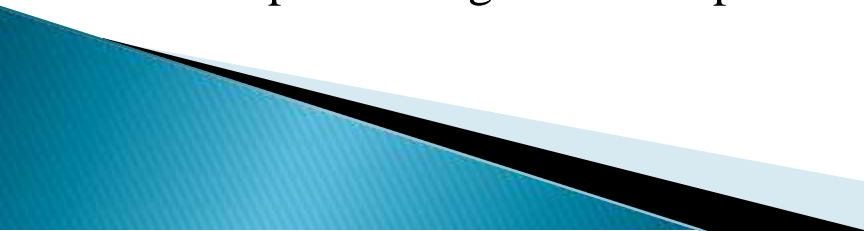
- ▶ Client Centered Therapy was formulated by Carl Rogers. He stated that individuals exist in a world of experience of which they are the center. This experience can only be known by the person. Therefore, the person is the best source of information about the self. People react to the perceptual field as it is experienced and perceived, their perceptual field is reality. The basic human tendency is toward maintaining and enhancing the experiencing self, or self-actualization. Rogers believed that people need positive regard, which is essentially the warmth, love, and acceptance of those around us. Rogers frequently used term prizing which can best capture this experience of receiving positive regard from others. The structure of the self is formed out of interactions with the environment and in particular out of evaluations of the person by others. Under certain conditions, experiences that are inconsistent with the self may be examined and perceived, and the structure of the self revised to assimilate them.

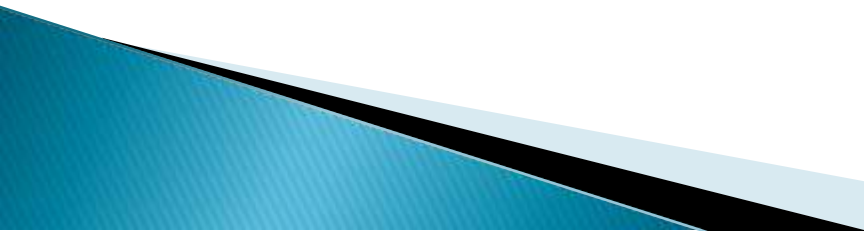
Main concepts of Client centered Therapy

- ▶ **Actualizing tendency:** The single force of life, the built in motivation in every life form to develop to their full potential. Rogers believes that all creatures strive to make the very best of their existence society and culture are natural byproducts of the actualizing tendency.
- ▶ **Unconditional Positive regard:** It can be defined as those feelings or experiences that give individual a sense that they are valued by parents and others even when their feelings, attitudes and behavior are less than ideal. If the unconditional positive regard is not available, then a person's self concept will be distorted. Parents must show Unconditional positive regard toward their children.
- ▶ **Empathy:** Empathy involves a deep, nonjudgmental understanding of the client's experiences in which the therapist's own values and point of view are temporarily suspended. The empathic therapist conveys a kind of sensitivity to the needs, feelings, and circumstances of the client.
- ▶ **Organismic valuing:** Placing value on things which assist the actualizing tendency. When we hunger, we find food -not just any food, but food that tastes good. Food that tastes bad is likely to be spoiled, rotten, unhealthy.

- ▶ **Self:** The central concept of client centered therapy is the self or self concept. According to Rogers, the self is very subjective perception of who we are and what we are like. The real or actual self consists of all the ideas, perceptions and values that characterize I or Me. It includes the awareness of 'What I am and What I can do'. Rogers defined the actual self that an individual actually is and real self what he would like to be. The discrepancy between the real self and ideal self leads to Psychological problems.
 - ▶ **Congruence:** It is the link between the real self and the ideal self. If these are close, congruence exists. But if these two are far apart, then there will be incongruent. In the state of congruence, self-actualization is allowed to guide a person's life without interference by any conditions of worth, and as a result, mental health is optimized. Congruence happens when a person experiences unconditional positive regard from others. Incongruity is the gap between the Real and Ideal Self, and is the cause of neurosis.
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Process of Client centered therapy:

- ▶ **Stage One:** The client is very defensive, and extremely resistant to change. He has unwillingness to reveal self, own feelings not recognized, rigid constructs, close relationships perceived as dangerous.
 - ▶ **Stage Two:** Client becomes slightly less rigid, and will talk about external events or other people. Feelings sometimes described, but person is still remote from own personal experience; still externalizes heavily, but begins to show some recognition that problems and conflicts exist.
 - ▶ **Stage Three :** Client talks about her/himself, but as an object. He/she avoids discussion of present events. Description of past feelings as unacceptable, freer flow of expressions of self, begins to question validity of own constructs, incipient recognition that problems are inside rather than outside the individual.
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- ▶ **Stage Four** : Client begins to talk about deep feelings and develops a relationship with the therapist. Free description of personal feelings as owned by the self, less recognition that long-denied feelings may break into the present, loosening of personal constructs, some expression of self responsibility, begins to risk relating to others on feelings. The next three stages represent substantial growth in the person's journey of self-actualization.
 - ▶ **Stage Five** : Client can express present emotions, and are beginning to rely more on their own decision making abilities and increasingly accept more responsibility for their actions. Free expression of feelings and acceptance of them, previously denied feelings, although fearsome, are clearly in awareness, recognition of conflicts between intellect and emotions, acceptance of personal responsibility for problems, a desire to be what one is.
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- ▶ **Stage Six** : The client shows rapid growth toward congruence, and begin to develop unconditional positive regard for others. This stage signals the end for the need for formal therapy. It has acceptance of feelings without need for denial, a vivid, releasing sense of experience, willingness to risk being oneself in relationships with others, trusts others to be accepting.
 - ▶ **Stage Seven** : The client is a fully functioning, self actualized individual who is empathic and shows unconditional positive regard for others. This individual can relate their previous therapy to present day real-life situations. Individual now comfortable with experiencing self, experiences new feelings, little incongruence; ability to check validity of experience.
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