

The Theory and Rhetoric of Person-Centered Therapy From the View of Carl Rogers

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ABSTRACT

Dialogues about 'learner-focused' learning and 'instructor focused' showing training have begun to increase expanding prevalence in the field of guiding science. While it has been proposed that these 'learner-focused' methodologies apparently adjust to the hypothetical standards of humanistic brain research, an inside and out examination of the ramifications of this learning introduction to games training stays subtle. In light of this improvement, the present paper gives a point by point and discriminating outline of one of the main humanistic masterminds' work, to be specific Carl Rogers, so as to consider what suggestions his guessing about 'individual focused' learning could have for the advancement of learners and mentors. In doing as such, we trust that this article will serve to propel comprehension and hypothetically support what have had a tendency to be to a great extent a-hypothetical examinations about 'Client- Centred' teaching and 'mentor focused' mentor training.

Key words: Learning Society, Humanistic Approach to learning, Carl Rogers

Introduction:

Kirschenbaum and Henderson in 1989 published a book with some of Carl Rogers's texts, "The Carl Rogers Reader". In the introduction read: "Carl Ransom Rogers (1902-1987) was the most influential psychologist in American history." According to Kirschenbaum, he says in one of the articles included in a collective publication on Rogers, the original manuscript named more accurately Rogers as "the most influential psychotherapist in American history." Also Kaplan (Kaplan) in the sixth edition of his renowned treatise of psychiatry, published in 1995, mentions him as being probably the most influential theorist in the field of humanistic theories of personality. There is probably his individual work and his work checked permanently in brain research and American psychotherapy, as well as brain science and psychotherapy by and large and just insensible or pernicious may give occasion to feel qualms about his esteem and the significance of his commitment in the logical field.

Explanation of Person-centered Therapy

Client-centered therapy was established via Carl Rogers in the 1940s. Rogers prepared to be a

clinical therapists and from 1928-40 he functioned as a chief of the Child Study Department of the Rochester Society for the Prevention of Cruelty to Children. It was through his work at the Rochester Center that his client focused treatment rose. Rogers did not utilize the expression "tolerant" as a result of its medicinal essences and the impression of an unequal relationship. He favored the expression "client" he needed the relationship in the middle of client and specialist to be equivalent and trusting. It was later changed to individual focused treatment. Client focused therapy.

Rogers accepted that people are intricate and one of a kind and that people know themselves better than any other person. He didn't think it was feasible for a specialist to completely comprehend or enter the perceptual universe of a client which is ruled by the client's backgrounds.

Person-Centred Therapy grew in stages as Rogers did not claim to offer a complete ideal model. What is presently called "individual focused treatment" is considered by a few guides

to be an essential approach on which to fabricate different speculations.

Humanistic in rationality, individual focused treatment accept that individuals are for the most part reliable, fit for self-reflection, and fit for self-coordinated development (toward self-realization). Given the correct environment, individuals will experience their capacities. A man focused advisor or advocate is basically present to furnish the client with a positive situation through relationship. A guide must be "harmonious" (real or valid), show genuine positive respect, and give exact empathic comprehension. With such a strong relationship, a client is sure to come to know himself or herself and develop. Instead of spotlight on client protestations, individual focused specialists concentrate on the client. Treatment is implied not to tackle issues but rather to help individuals turn out to be better at taking care they could call their own issues. Guides must be available with their clients and for the most part concentrate on the quick.

There are no individual focused systems of which to talk, which is the reason a few advocates take after Roger's call to be veritable, tolerating, and empathic, and afterward utilize different strategies and routines to advance client development. Individual focused treatment is frequently utilized as a part of emergency intercession and for preparing specialists in administration situated fields. Natalie Rogers, Carl Rogers' girl, utilized individual focused treatment as a springboard to make expressive expressions treatment.

Rogers' accepted generally that people are amiable and are continually endeavoring towards coming to their maximum capacity. The mentally solid individual has an inspirational point of view, keeps on growing and grow as a man, is not hesitant to settle on choices and acknowledges the results of same. He recognized that there are mentally maladjusted people whose self-idea and states of worth are obstructing their capacity to achieve their maximum capacity and self-actualize. Rogers accepted that the self-idea was the premise for irregularity in a singular's life and the reason for his treatment was the

reintegration of the self-idea. He accepted that people could bring adjust once again into their lives and tackle their own issues. In guiding, the mentality of the advisor towards the client is critical.

The Core Conditions

Empathy (the counsellor trying to understand the client's point of view)

Congruence (the counsellor being a genuine person)

Unconditional Positive Regard (the counsellor being non-judgmental)

Person Centered therapy harnesses the clients natural self-healing process, and given the right relationship with the therapist, clients can decide what they want to do with their lives, to this end person centered therapy is a personal growth model also known as non-directive therapy, the client is not taught the model of therapy or undertake homework.

Carl Rogers believed that all individuals had the power to live to their own organismic valuing process. This basically means trusting your own judgment, living your life to your own values not the values of others.

Rogers six core conditions for counselling

Rogers outlined six core conditions of counselling necessary for therapeutic personality changes as follows:-

- The client and the therapist must be in psychological contact. It is about discussing inner feeling focused on the self.
- The client is in a state of incongruence.
- The client is emotionally upset.
- The therapist is congruent in the relationship.
- The therapist must be genuine and aware of their own feelings.
- The therapist experiences unconditional positive regard for the client. Therapists must not judge the client but value them. They have worth simply because they exist.
- The therapist experiences an empathic understanding of the client's internal frame of reference and endeavours to communicate this experience to the client.

- The client perceives the therapists unconditional positive regard for them and the therapist empathic understanding of their difficulties (Rogers).

Person-centred therapy is built on trust. The client must feel that he can trust the therapist and the therapist must have trust in themselves. The therapist needs to create a suitable environment where the person-centred therapy can be successful. Rogers believed that counselling needed to move away from the system of the 'expert' telling the client what was wrong with them and move more towards the following:-

- The therapist should be a very good listener.
- The therapist unreservedly accepts the client as they are at that moment in time.
- The therapist places no label or name on the client's condition.
- The therapist does not rely on any of the personality theories.
- The therapist listens, does not ask questions, does not interpret what is being said, does not offer advice, but reflects back what the client says (Rogers, On becoming a person).

Carl Rogers' Core Conditions

The 'center conditions' are fundamentally demeanor that the guide shows that show acknowledgement of the client, esteeming them as a person of worth.

The main condition is called Empathy, now and then alluded to as a casing of reference, attempt this test, with a companion appear to be identical article, or the perspective out of the window. Do you see the same thing?

The second condition is known as Congruence this implies the instructor is real and genuine, this condition is vital as it permits the client to manufacture a trusting association with the advisor. Let's be honest, would you need to

talk your issues over with somebody acting false? No, I thought not.

The third and last condition is known as UPR short for Unconditional Positive Regard, for a client it can be a help to discuss their issues without somebody saying 'why did you do this?... or do imagine that was a smart thought?.'

UPR permits the client to open up and talk about their troubles without a trepidation of being condemned or judged.

How Maslow's hierarchy of needs influenced Person-Centred Counselling:

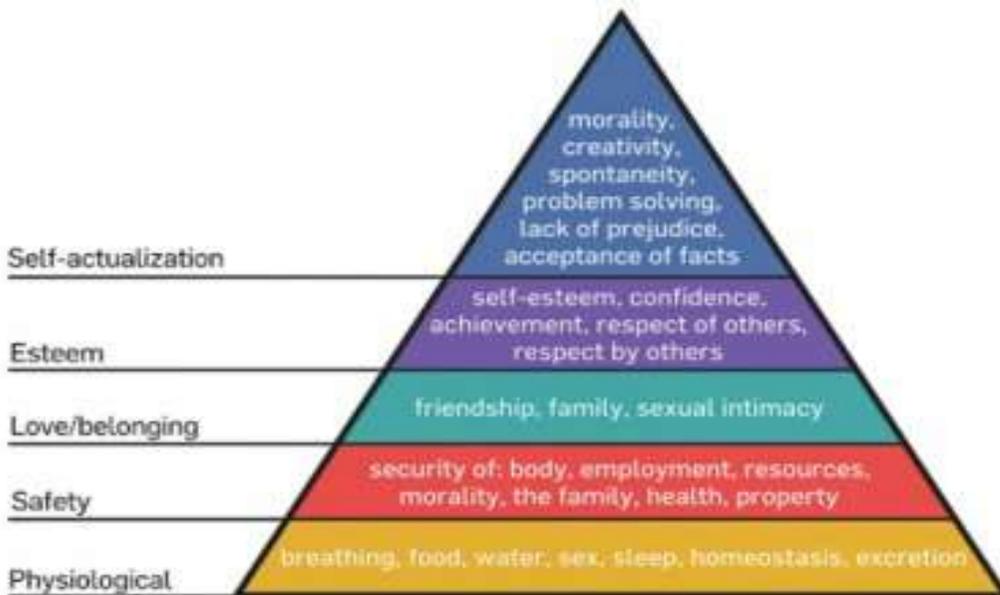


Image 1.1: Maslow's Pyramid

Maslow and Rogers believed that human beings need certain conditions to be in place before they could reach their full potential and have fulfilled life. To describe his idea he came up with that is now called the Maslow Pyramid. The person-centred therapy is a non-directive treatment. The client makes a journey through their problems and the therapist keeps them company. Thorne (1984) mentions research by Tausch (1975) which has shown that clients can experience changes when engaged in person-centred therapy, however, to date there has been no evidence that any client has achieved Rogers's theoretical 'Fully Functioning' person.

Towards a valuing of all forms of experience and willingness to risk being open to all inner and outer experiences, however, uncongenial or unexpected (Frick, 1971 as cited in (Thorne).

Conclusions:

A criticism of Rogers's client-centered therapy was that it was reasonably effective with less severe disorders but ineffective with severe mental disorders (Eysenck). Research on the effectiveness of client-centered therapy has been criticised for lacking some fundamental requirements of the scientific approach e.g. inappropriate control groups and also lacking scientific rigour (Halgin & Krauss Whitbourne). Rogers himself had faith in the significance of directing research on psychotherapy procedures and results, and that real research findings ought to outweigh the hypothetical foundation. Today, the field of psychotherapy has reached the point of accepting the need for empirical accountability, with evidenced-based therapy becoming increasingly important. Rogers himself stated that limiting theories should be shed, including client-centered therapy, in favour of therapy that has been found to work (Goldfried).

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