



## Unconditional positive regard

This requires that the skilled listener/counsellor removes any form of personal judgment and accept the client regardless of any content or disclosure they make. It is human nature to make judgments and overcoming this instant reaction can be difficult but being able to accept a client unreservedly for who or what they are and allowing them to speak about their issues or problems without a fear of being criticised or judged is crucial to the relationship. You as the listener may not approve of the client's actions but while with that client you need the approach of "I'll accept you as you are"



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