

Carl Rogers and the Person-Centred Approach

The client is the centre of the helping process in the sense that helping is seen as activating the self-healing process located in the client themselves by providing basic or '**core**' helping **conditions (empathy, unconditional positive regard, congruence)**. It is a respectful, non-threatening method, letting the client direct the process themselves, through the wisdom of their self-healing tendencies.

Empathy

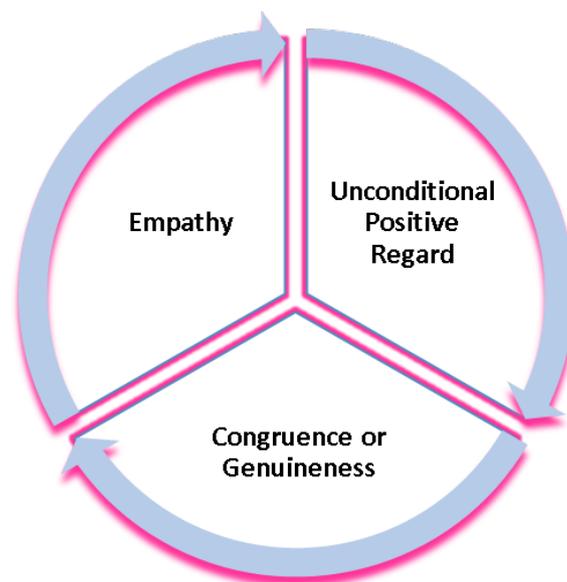
See their world through their eyes. Empathy is our effort to experience someone else's reality, no matter how different from ours, as if it were our own. At one level, this is obviously impossible, but the willingness to try, to be on the same wavelength, to set aside one's own response to have some feeling of that of another, seems to be a vital part of helping.

Respect/Unconditional Positive Regard

UPR, acceptance, non-judgemental, non-possessive warmth, and prizing. The central value here is the recognition of the fundamental worth of every human being, not because of what they have achieved or even of their potential but simply because they are another living human entity with needs, drives hopes and fears. Respect for another does not mean that we may not abhor their actions, but that we try to see their human value as separate from that, and deal with them with warmth and acceptance.

Congruence

There is harmony between how she experiences herself and how she wants to be in the relationship and with how she feels it would be helpful to behave and how she actually does behave. Thus the helper is not playing a role but being herself and that self is a reasonably integrated expression of the needs and wants of a unique individual.



From- Peter Saunders Next Steps in Counselling