



Person-Centered Therapy

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CNL-500: THEORIES AND MODELS OF COUNSELING

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Founder and Development of Person-Centered Therapy

Non-directive
therapy

Client-
centered
therapy

Person-
centered
therapy

Patient
referred to as
client

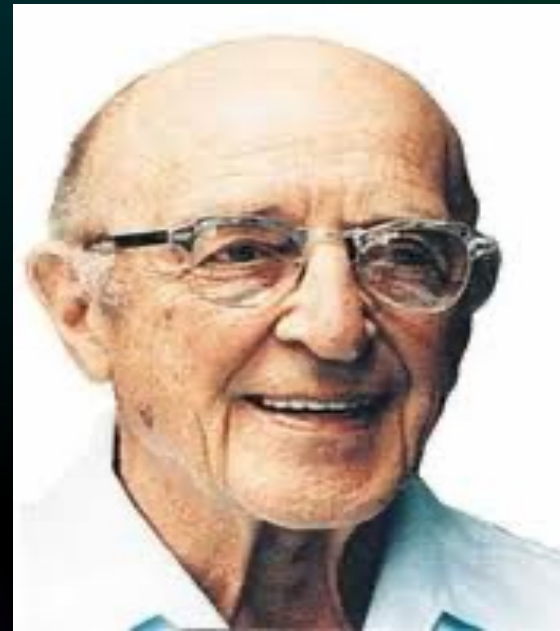
Unconditional
positive
regard

Client
controls
therapy

Therapist
reflects
client's view

Counselor
acts as a
guide

Carl Rogers 1908-1987



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Person-Centered Concepts

Six Necessary and Sufficient Conditions

- ❖ Two Persons in Contact
- ❖ Incongruent Client
- ❖ Congruent Counselor
- ❖ Counselor's Unconditional Positive Regard
- ❖ Counselor's Empathy
- ❖ Communicates to Client

Person Centered Concepts

- ❖ Self-Actualization
- ❖ Need of Positive Regard
- ❖ Conditions of Worth
- ❖ Non-genuineness and Incongruence
- ❖ Orgasmic Valuing Process
- ❖ Choice and Free Will
- ❖ Self Determination
- ❖ Non-directive Counseling

Person-Centered Concepts



Standard Interventions

- 
- ❖ Unconditional Positive Regard
 - ❖ Empathy
 - ❖ Congruence
 - ❖ Active Listening
 - ❖ Non-directiveness
 - ❖ Reflective Feelings

Personal Identification

- Clients are Innately Good
- Nondirective Counselor Role
- Client's Autonomy
- Thoughts, Emotions and Behaviors Linked
- Empathy
- Congruence
- Unconditional Positive Regard



How To Grow

- ❖ Research Theory
- ❖ Study Strategies For Application
- ❖ Conferences And Workshops
- ❖ Mentorship
- ❖ Continuing Education
- ❖ Watch Counseling Videos



Strengths and Limitation with Diverse Client Populations

STRENGTHS

- ❖ Total Acceptance of Client
- ❖ Recognition of Authentic Inclusive Relationships
- ❖ Client's Perspective
- ❖ Client Autonomy
- ❖ Nondirective Counselor Role

LIMITATIONS

- ❖ Condition of Worth Concept
- ❖ Empathy
- ❖ Disregard for Social and Political Influences
- ❖ Emphasis of Autonomy and Responsibility for Change
- ❖ Ignoring Cultural and Past Impact



GCU Disposition Application

- Acceptance
- Flexibility
- Empathy

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