

Client Centered Therapy

(A.K.A. Person Centered Therapy)



Founder: Dr. Carl Rogers

Key Concepts:

The client has the potential to become aware of problems and the means to resolve them. Faith is placed in the client's capacity for self-direction. Mental health is a congruence of ideal self and real self. Maladjustment is the result of a discrepancy between what one wants to be and what one is. Focus is on the present moment and on experiencing and expressing feelings.

Applications of this approach:

Has wide applicability to individual and group counseling. It is especially well suited for the initial phases of crisis-intervention work. Its principles have been applied to marital and family therapy, community programs, administration and management, and human-relations training. It is a useful approach for teaching, parent/child relations, and working with groups composed of people from diverse cultural backgrounds.

Techniques of Therapy:

This approach uses few techniques but stresses the attitudes of the therapist. Basic techniques include active listening and hearing, reflection of feelings, clarification, and "being there" for the client. This model does not include diagnostic testing, interpretation, taking a case history, and questioning or probing for information.

Contributions of this approach:

One of the first therapies to break from traditional psychoanalysis, it stresses the active role and responsibility of the client. It is a positive and optimistic view and calls attention to the need to account for a person's inner and subjective experiences. It makes the therapeutic process relationship-centered rather than technique-centered. It focuses on the crucial role of the therapist's attitudes. The model has generated a great deal of clinical research into both the process and the outcomes of therapy, which in turn has led to refining the tentative hypotheses. This approach has been applied to bringing people from diverse cultures together. The concepts have value in working within a multicultural context.

↗ Limitations of this approach: ↖

A possible danger is the therapist who, by merely reflecting content, brings little of his or her personhood into the therapeutic relationship. The approach has limited use with nonverbal clients. As an a historical approach it tends to discount the significance of the past. Some of the main limitations are due not to the theory itself but to some counselors' misunderstanding of the basic concepts and to their dogmatic practical applications.

❖ Glossary of Client Centered Terms ❖

Source: G. Corey. (1996). Theory and Practice of Counseling and Psychotherapy, 5th Ed. Brooks/Cole Publishing.

° Links: °

NEW Considerations When Responding to Questions and Requests In Client-Centered Therapy

NEW Instructions for Beginning to Practice Client-Centered Therapy

NEW From behaviorism to humanism

NEW Client-Centered Therapy -What Is It? What Is It Not?

Short Description of Client-Centered Therapy

Rogers' Outline on Core of Personality

Matthew Ryan's index of papers on Client-Centered Therapy

Brief History of Carl Rogers

Barbara Brodley: A Client-Centered Psychotherapy

Jo Cohen's Paper on CCT

Nathaniel J. Raskin: The Development of Nondirective Therapy

Rogerial Rhetoric: An Alternative to Traditional Rhetoric