

Assignment

Topic name **Client Centered Therapy**

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Client Centered Therapy

Client-centered therapy, which is also known as person-centered, non-directive, or Rogerian therapy, is a counseling approach that requires the client to take an active role in his or her treatment with the therapist being nondirective and supportive. In client-centered therapy, the client determines the course and direction of treatment, while the therapist clarifies the client's responses to promote self-understanding.

The goals of client-centered therapy are increased self-esteem and openness to experience. Client-centered therapists work to help clients lead full lives of self-understanding and reduce defensiveness, guilt, and insecurity. As well as have more positive and comfortable relationships with others and an increased capacity to experience and express their feelings.

Carl Rogers

Carl Rogers, Creator of Client-Centered Therapy

Client-Centered Therapist Carl Rogers

Client-centered therapy was developed in the 1930s by the American psychologist Carl Rogers. Rogers was a humanistic psychologist who believed that how we live in

the here-and-now and our current perceptions are more important than the past. He also believed close personal relationships with a supportive environment of warmth, genuineness, and understanding, are key for therapeutic change. Rogers used the term 'client' instead of 'patient' to refer to the equal nature of the relationship between the therapist and client in client-centered therapy.

Rogers believed people are capable of self-healing and personal growth, which leads to self-actualization, an important concept in client-centered therapy. Self-actualization refers to the tendency of all human beings to move forward, grow, and reach their full potential. Rogers believed self-actualization is hindered by negative, unhealthy attitudes about the self.

Client-Centered Therapy

Client-centered therapy differs from other forms of therapy because client-centered therapy does not focus on therapeutic techniques. What's most important in client-centered therapy is the quality of the relationship between the therapist and the client. Client-centered therapy was not intended for a specific age group or subpopulation, but has been used to treat a broad range of people. It has been applied for use with people suffering from depression, anxiety, alcohol disorders,

cognitive dysfunction, schizophrenia, and personality disorders.. Which just means for people to see themselves as they actually are. For example, if a person considers herself a good chef, she would not doubt herself when it comes to cooking meals. In client-centered therapy, the therapist does not attempt to change the client's thinking in any way. The therapist merely facilitates self-actualization by providing a comfortable environment for clients to freely engage in focused, in-depth self-exploration.

In client-centered therapy, the therapist's attitude is more important than the therapist's skills. According to client-centered therapy, there are three therapist attitudes that determine the level of success of therapy: (1) genuineness, (2) unconditional positive regard, and (3) empathy.

Work of Client Centered Therapy

Mental health professionals who utilize this approach strive to create a therapeutic environment that is conformable, non-judgmental, and empathetic. Two of the key elements of client-centered therapy are that it:

It's non-directive. Therapists allow clients to lead the discussion and do not try to steer the client in a particular direction.

It emphasizes unconditional positive regard. Therapists show complete acceptance and support for their clients without casting judgment.²

3 Key Qualities of a Client-Centered Therapist

According to Carl Rogers, a client-centered therapist needs three key qualities:

Genuineness

The therapist needs to share his or her feelings honestly. By modeling this behavior, the therapist can help teach the client to also develop this important skill.

Unconditional Positive Regard

The therapist must accept the client for who they are and display support and care no matter what the client is facing or experiencing. Rogers believed that people often develop problems because they are accustomed to only receiving conditional support; acceptance that is only offered if the person conforms to certain expectations. By creating a climate of unconditional positive regard, the client feels able to express his or her true emotions

without fear of rejection. Rogers explained:
"Unconditional positive regard means that when the therapist is experiencing a positive, acceptant attitude toward whatever the client is at that moment, therapeutic movement or change is more likely. It involves the therapist's willingness for the client to be whatever feeling is going on at that moment - confusion, resentment, fear, anger, courage, love, or pride...The therapist prizes the client in a total rather than a conditional way

Goals of Client Centered Therapy

In person-centered therapy, the focus is on the person, not the problem. The goal is for the client to achieve greater independence. This will allow the client to better cope with any current and future problems they may face. There are four basic goals a person will achieve in successful person-centered therapy