

Introduction to Psychological Counselling

Introduction to Person-Centred Counselling
Session Week 3

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Aim and Learning Outcomes – Week 3 Session

Aim

- To provide basic Person-Centred Counselling skills

Learning Outcomes

- At the end of this session, students will be able to:
 - Demonstrate a practical and theoretical understanding of the core conditions of empathy, congruence and unconditional positive regard

Introduction

- Week 2 Session has dealt with theory of counselling in diverse ways.
- It provided:
 - Different theories of counselling with Counselling Theorists
- Week 3 Session will address basic Person-Centred Counselling skills.

What is Person (Client) Centred Counselling?

- Person-Centred Counselling was greatly influenced by Carl Rogers beginning in the 1940's until the late 1990's. It is has also been known as nondirective counselling, student-centred teaching, or 'Client-Centred Therapy'.
 - **Corey, Gerald (2009) Theory and Practice of Counselling and Psychotherapy, 164-197**
- According to Carl Rogers, the individual has within him or herself the resources necessary for understanding the self, and changing or altering basic attitudes and behaviours which can all be accessed when a “definable climate of facilitative psychological attitudes can be provided” in a client/therapist, parent/child, leader/group relationships, etc. (which must include genuineness, acceptance, empathy).
 - **Rogers, Carl R. (1979) The Foundations of the Person-Centred Approach**

Rogers considers that:

- We instinctively move towards achieving our full potential, and this includes the capacity for self-healing including psychological healing.
- This self-healing potential can flourish if the counsellor can provide the right conditions, which are when there is a complete absence of threat to the individual.
- Carl Rogers called his approach Person-Centred (also known as client-centred) since the client is at the centre of the helping process.
- Core conditions of empathy, congruence and unconditional positive regard had to be held as attitudes or principles - you express these values as part of being you because they are held at your core (i.e. you are not 'putting it on' and using it in a mechanical way). Rogers called this a 'way of being'.

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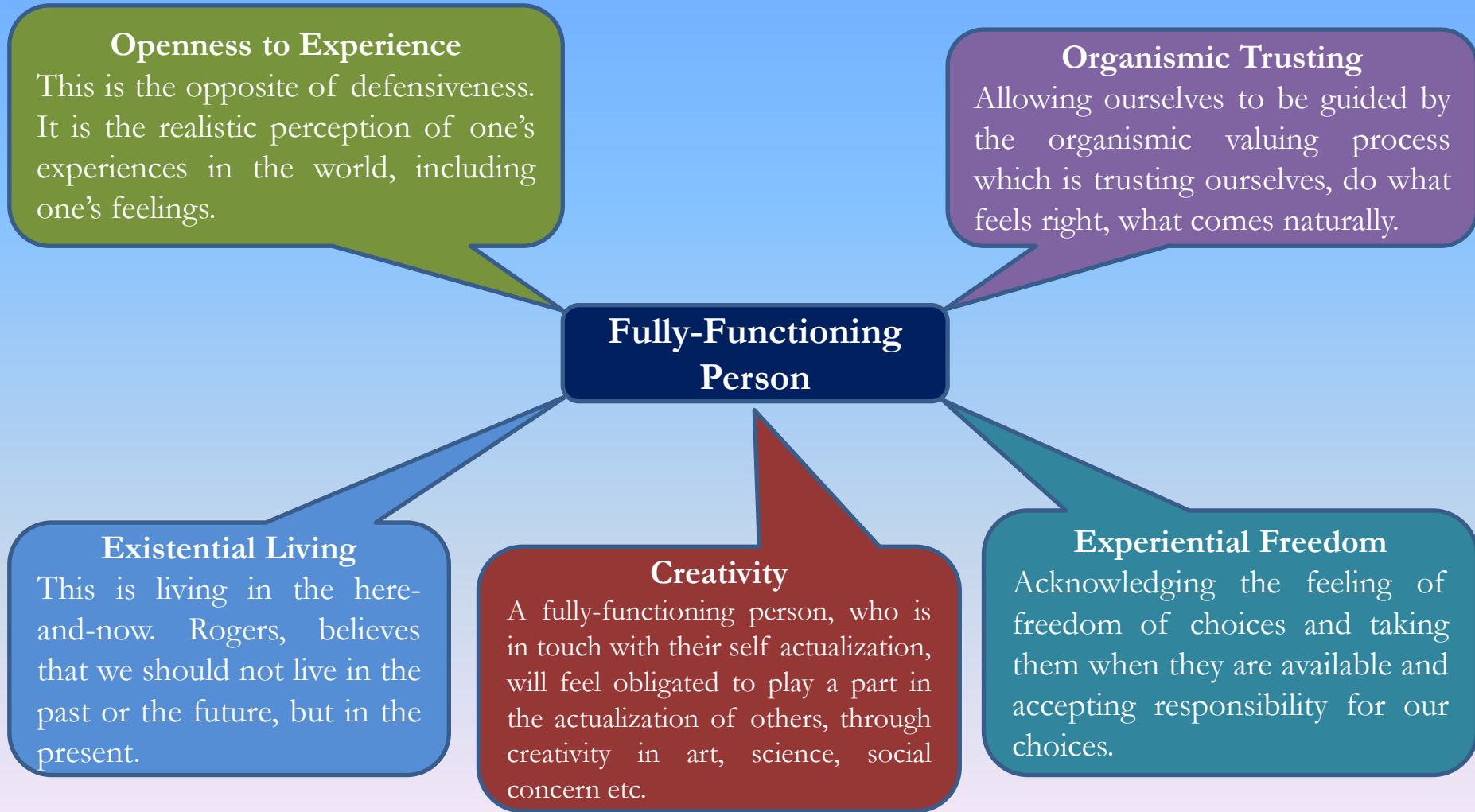
- Rogers considers that there were six necessary conditions for psychological change:
 - the helper makes psychological contact with the client
 - the helper is congruent or genuine
 - the helper experiences non-judgemental warmth (unconditional positive regard) or acceptance towards the client
 - the helper experiences empathy
 - the client is vulnerable or anxious
 - the client receives the empathy, unconditional positive regard and genuineness of the helper.
- Rogers' basic assumptions clarify that individuals are innately good and trustworthy with a potential for changing their own lives as opposed to being directed or led by a counsellor.
- The theory is based on what Rogers called the “actualizing tendency”, that he believed is inherent in all people, which is the drive and motivation towards realization, success and fulfilment.

Boeree, George, C. (1998) Carl Rogers 1902-1987

Rogers' Person-Centred Counselling: The Actualizing Tendency

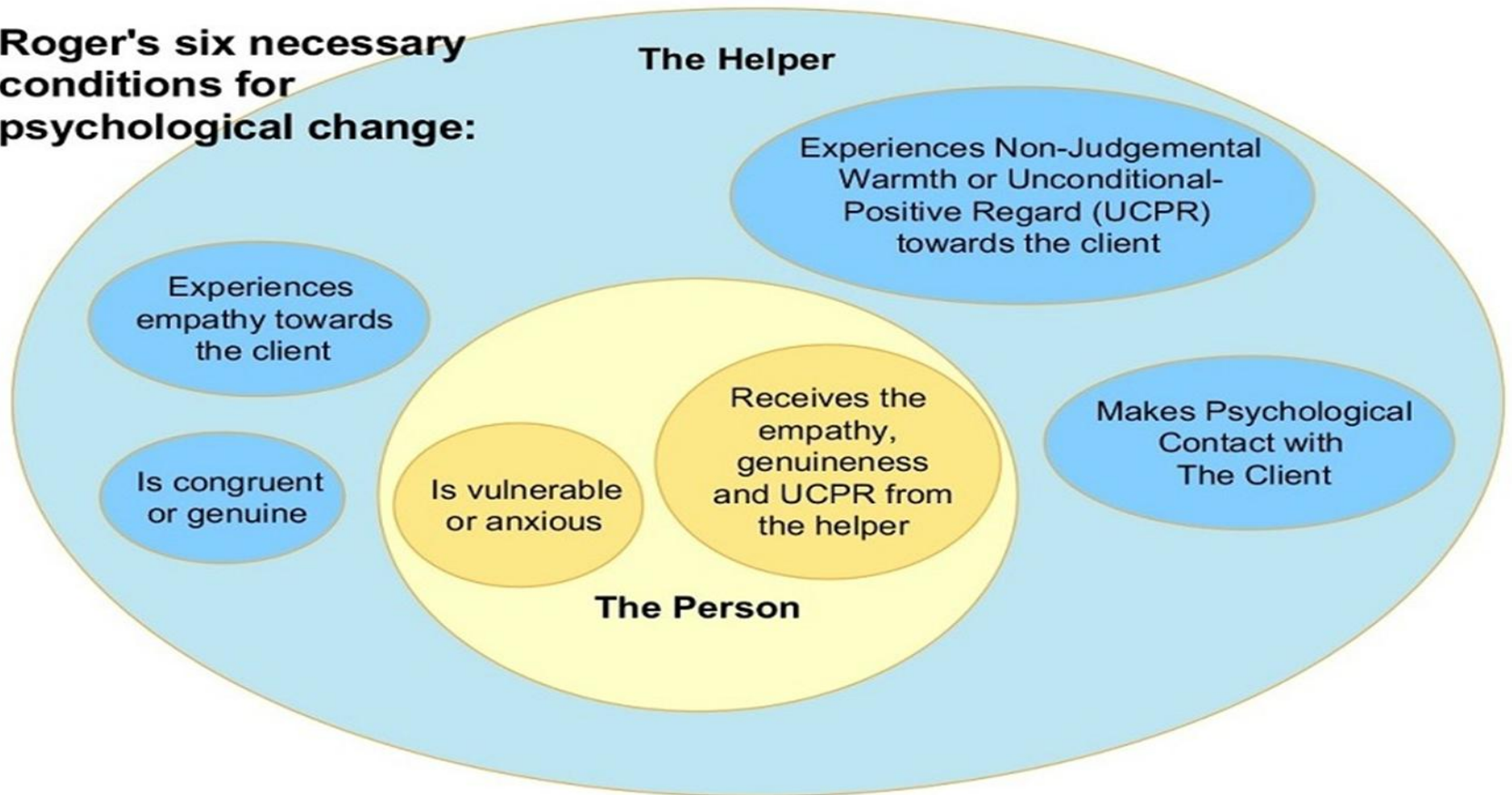
- Actualizing tendency is called all motivation the actualizing tendency--the urge to expand, extend, develop, mature, to express and activate all the capacities of the organism.
- This tendency leads to complexity, independence, and social responsibility.
- The motivation intrinsic to each person is basically good and healthy.
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- The motivation intrinsic to each person is basically good and healthy.
- A person who pays attention to the organismic valuing process is self-actualizing or fully functioning
- A person who is fully functioning has several characteristics: openness to experience, existential living, organismic trusting, experiential freedom, and creativity.
- A self-actualizing person is in touch with the inner experience that is inherently growth producing, the organismic valuing process--a subconscious guide that evaluates experience for its growth potential.
- It draws people toward experiences that are growth producing and away from those that would inhibit growth.

Rogers' idea of a “fully-functioning person” contains:



Rogers' Six Conditions within the Therapeutic Relationship with Client

Roger's six necessary conditions for psychological change:

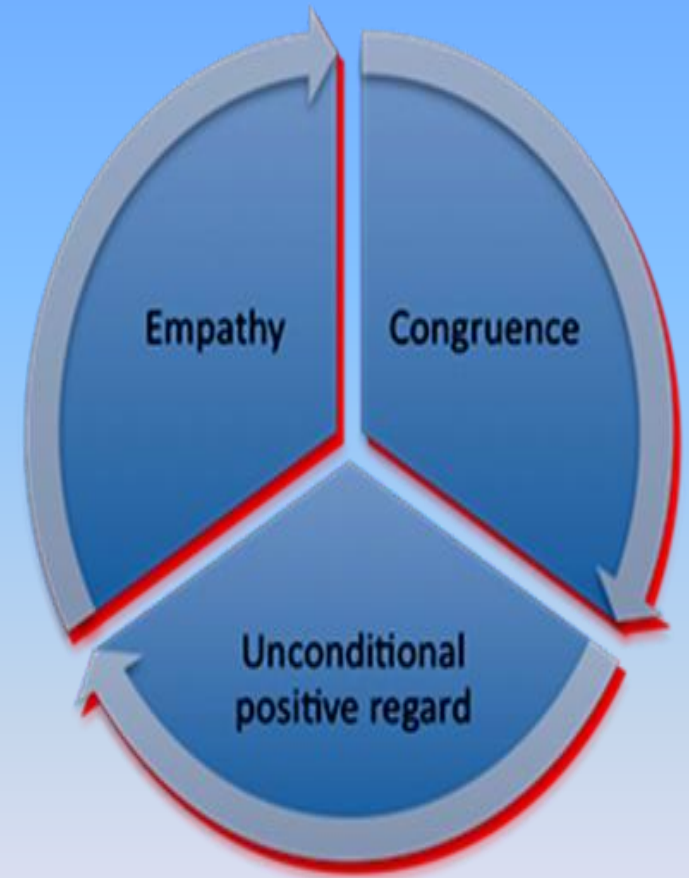


More Clarification – Six Conditions

- Rogers identified six conditions which are necessary within the therapeutic relationship in order to bring about changes in clients:
 1. **Therapist-Client Relationship:** a relationship between client and therapist must exist, and it must be a relationship where each person's perception of the other is important and valued.
 2. **Client Incongruence or Vulnerability:** incongruence exists between the client's experience and awareness (the real versus the ideal). The client is vulnerable to anxiety which motivates them to stay in the relationship and work on themselves.
 3. **Therapist Congruence or Genuineness:** the therapist is congruent within the therapeutic relationship and they can draw on their own experiences (self-disclosure) to enhance the relationship.
 4. **Therapist Unconditional Positive Regard:** the therapist accepts the client unconditionally exactly as they are.
 5. **Therapist Empathic understanding:** the therapist experiences an empathic understanding of the client's own frame of reference. Accurate empathy on the part of the therapist helps the client to believe the therapist's unconditional love for them.
 6. **Client Perception:** the client perceives the therapist's unconditional positive regard and empathic understanding.

The Client-Centred Counselling Method

- The Client-Centred Counselling method preserves that three main conditions supply an encouraging atmosphere to therapeutic change .
- They contrast simply with those conditions supposed to be responsible for emotional difficulty.
 - The first main situation is “**unconditional positive regard**”. In this condition, the counsellor counsels the individuals who require help without any judgments. The client can freely express any opinions and views without any criticism.
 - The second condition is named as “**empathic understanding**”. The counsellor precisely recognizes the client’s opinions and views from the feeling of client.
 - The third condition is called “**congruence**” which is that the counsellor is genuine and honesty. These main situations are thought to allow the clients to progress in their own way and develop their personality.



In Person-Centred Counselling Theory

- It's believed that:
 - People are honest, smart, and have ability to understand themselves
 - People have the ability to solve their own problems
 - People are capable of self-directed growth
 - Therapy is a permissive, non-directive climate
 - Phenomenological approach: seeing and understanding others from their reference, perception
 - Therapist: creates a growth promoting environment, non directive, not the expert, non controlling, caring, accepting, genuine.
- Person-Centred Counselling has Goal:
 - Set clients free to engage in self exploration
 - Positive view of human nature
 - Focus on what is right about someone
 - Look at positive side of people
 - Clients work on moving forward, positively, in their world
 - Client deals with obstacles that are blocking growth
 - Counsellor is real and empathetic; facilitates change in client
 - Work in 'here and now'

Conclusion

- This session briefly presented the concepts of Person-centred Counselling. As it's identified, Person-centred Counselling can help client grow by focusing on not problem
- In this counselling method people become more actualized
 - Open to experiences
 - Trust themselves
 - Self-evaluation
 - Continue growing
- There is enormous expectations from Counsellors in order to help their client. Their role
 - Create a climate conducive to self-exploration
 - Create a relationship that lets clients explore freely denied or distorted areas of life
 - Be real, genuine, honest
 - Don't see client in diagnostic categories
 - Enter clients world
 - Defences are let down because therapist is real, genuine, caring
 - Show unconditional positive regard
 - Accept client
 - Empathetic understanding of client.

Person-Centred Concepts Exercise:

- How do you know you have good psychological contact with someone?
- Under what circumstances might it be difficult to maintain psychological contact with some one?
- Is empathy the same as sympathy?
- How do you know if someone is congruent / genuine?
- What is unconditional positive regard?

Learning Journal

- Complete the 'Person-Centred Concepts' exercise and Keep with your Learning Journal.
- Reflect for a few minutes on today lesson.
- Write your learning journal each week after lesson.

Next – Week 4 Session

- Introduction to Psychodynamic Counselling and Historical Background

References

- Boeree, George, C. (1998) Carl Rogers 1902-1987
- Cooper, M., O'Hara , M., Schmid, P. and Wyatt G. (eds.) (2007) The Handbook of Person-Centred Psychotherapy and Counselling, (Basingstoke, Palgrave)
- Corey, Gerald (2009) Theory and Practice of Counselling and Psychotherapy
- Mearns, D. & Thorne, B. (2007), Person-Centred Counselling in Action, (London, Sage)
- Rogers, Carl R., (1979) The Foundations of the Person-Centred Approach