

Person-Centred Approach to Psychology

- Person-Centred approach emerged in the 1950s when humanistic therapies started emerging in the US. Psychology then could be seen as 'clinical' and 'cold', and the need for something more approachable, warm and optimistic became obvious.

- Carl Rogers who was also a psychologist in the years of 1940-1960s suggested that in order *to heal* and *to grow* the person needs an appropriate environment.

- Without this environment, the person may not advance psychologically and emotionally, form satisfying relationships, or achieve self-fulfilment.

- *"The organism has one basic tendency and striving - to actualize, maintain, and enhance the experiencing organism"* (Rogers, 1951, p. 487).

- *'It is that the individual has within himself or herself vast resources for self-understanding, for altering his or her self-concept, attitudes and self-directed behaviour - and that these resources can be tapped if only a definable climate of facilitative psychological attitudes can be provided'*. (Carl Rogers, 1986)

- Today, the person-centred approach is widely used by therapists all over the world. The philosophy of this approach is that:

- all people are good in their essence,
- that the client knows best what is right for them, and
- that the therapy has to provide warmth and genuineness in order to help the client.

Recommended Reading:

Schneider, K.J., Pierson, J.F., Bugental, J.F.T. (2014). *The Handbook of Humanistic Psychology: Theory, Research, and Practice*.

Recommended websites:

'Humanistic Approach in Psychology: Definition & History'. Study.com. Available from: <http://study.com/academy/lesson/humanistic-approach-in-psychology-definition-lesson-quiz.html>

'The Roots and Genealogy of Humanistic Psychology'. The Association for Applied Psychophysiology and Biofeedback. Available from: <http://www.aapb.org/i4a/pages/index.cfm?pageID=3394>