Early Humanism
“The Third Force”

• Many early humanists were trained under Adler.
  – Rogers 1927-1928
  – Maslow 1935

• Allport was also a major supporter of humanism
  – Founding member of the Association of Humanistic Psychology

• Began as an informal network of psychologists in response to deterministic nature of psychoanalysis and behaviorism.

Carl Rogers
(1902-1987)

• Born Oak Park, Illinois
• Fourth of six children
• Fundamental religious practices, little social mixing, belief in the virtue of Hard Work
• Very restrictive and controlling home environment
• Solitary boy, outstanding student
• Studied in Seminary, became child psychologist influenced by Adler’s concepts of work with children and families
• Was the first psychotherapist to open therapy process to scientific study.
Roger’s Theory

- Emphasized taking personal responsibility for one’s own life
- Important issues must be defined by individual
- People tend to develop in a positive direction
- Belief in natural goodness of people
- Inner self-control is better than forced, external control
- Emphasized inner experience over external, objective reality.

The Master Motive: Self-Actualizing Tendency

- An innate motivation within all of us
- An active, controlling drive toward the fulfillment of our potential
- Human behavior is not irrational, but is directed toward the goal of satisfying the need for self-actualization as the individual perceives it.
Self-Actualizing Tendency

• The Organismic Valuing Process
  – The self-actualization tendency is used as a criterion in making judgments about the value of an experience.
  – Experiences that promote actualization are “good”.
  – Experiences that hinder actualization are “bad”.
  – Inner valuing process is more important than external rules.
  – Problems arise when people replace this inner process with external values from society.

Fully Functioning Person

• Pays attention to the organismic valuing process
• Have the following characteristics, which are signs of mental health
  – Openness to Experience
    • Don’t censor experience with defenses
  – Existential Living
    • Live fully in each moment, flexible
  – Organismic Trusting
    • Relies on inner experience as guide
  – Experiential Freedom
    • Freedom to choose
  – Creativity
    • Able to adapt to new situations
Development

• Conditions of Worth
  – We perceive experiences or behavior as acceptable only if they meet with approval from others
  – Socialization teaches us to only accept our “good” qualities

• Unconditional Positive Regard
  – a deep and genuine caring by others, uncontaminated by judgments or evaluations of our own feelings.
  – Imposing no conditions of worth.

Client-Centered Therapy

• Necessary conditions from therapist to client:
  • Unconditional positive regard for client
  • Accurate empathy, understanding of client’s frame of references and communicates this to the client
  • Congruence in relations between therapist & client - being oneself in the therapeutic relationship with client
Stages of Rogerian Client-Centered Therapy

1. Client’s communications about externals & not self
2. Client describes feelings but not recognize or “own” them personally
3. Client talks about self as an object in terms of past experiences
4. Client experiences feelings in present - just describes them with distrust & fear
5. Client experiences and expresses feelings freely in present - feeling bubble up
6. Client accepts own feelings in immediacy and richness
7. Client trusts new experiences & relates to others openly & freely