



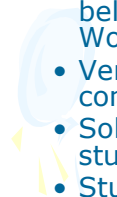
Early Humanism "The Third Force"

- 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