

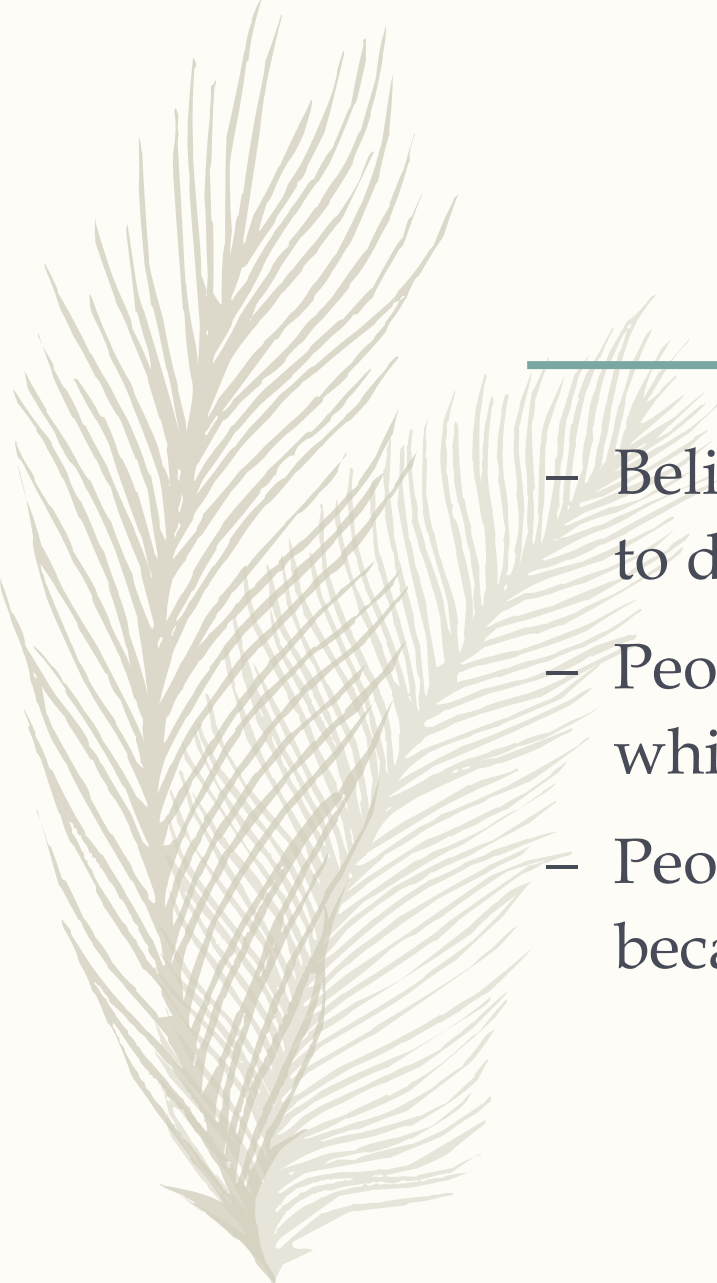



Person Centered Therapy

The History

- Developed by Carl Rogers (1902-1987) in 1940
- Person who seeking psychological helping is treated as a client who has a **power to direct themselves**
- Was applied in family setting, marriage counselling, and cultural setting
- Doubt about counselor as a person who knows all about client, people have a **potency for knowing their self and solving their problem** without any interventions



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- Belief that people have a **good character** and have a **potency** to develop positively
 - People have drive (inner directed) to develop a strategy which can make themselves meaningful
 - People who have negative emotion and be frustrated because they couldn't get their need

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- People have **worth and dignity**, they need to be given a reward or appreciation
 - Have a **capacity to regulate** themselves and get a chance to make a wise judgment
 - Can choose their own value
 - Can learn to solve their feeling, thinking, and behavior
 - Potential to develop
 - Full and Satisfying life, self actualization



Basic Concept

- Is built based on two hypothesis
- Each person have capacity to know the reason why their life is not happy and they can regulate it to be better
- This situation can be increased if counsellor makes a **warm, acceptance, have a good relationship** with others

Personality Concept



Organism

Phenomenal
Field

Self



The Counselling Process

- The purpose of counseling is to help client **find their positive self concept** through counseling communication
- Counselor can see client as a important, have a positive potency, **unconditional positive regard**
- The main purposes are to achieve **autonomy** and **self integration**
- Give chance client to make a decision

Self actualization



Openness to
experiences

Self trust

Internal
source of
evaluation

Willingness to
continue
growing

The Role of Counselor



Genuineness

Unconditional
positive
regard

Emphatic and
understanding

Counselling Technique



Active
listening

Paraphrasing

Clarifying

Summarizing

Questioning

Interpreting

Counselling Technique



Confronting

Reflecting
Feeling

Supporting

Emphatizing

Facilitating

Initiating

Counselling Technique



Setting
goal

Evaluating

Giving
feedback

Protecting

Disclosing
self

Modeling



Any Question?

Thank
you

