



# Person Centered Therapy

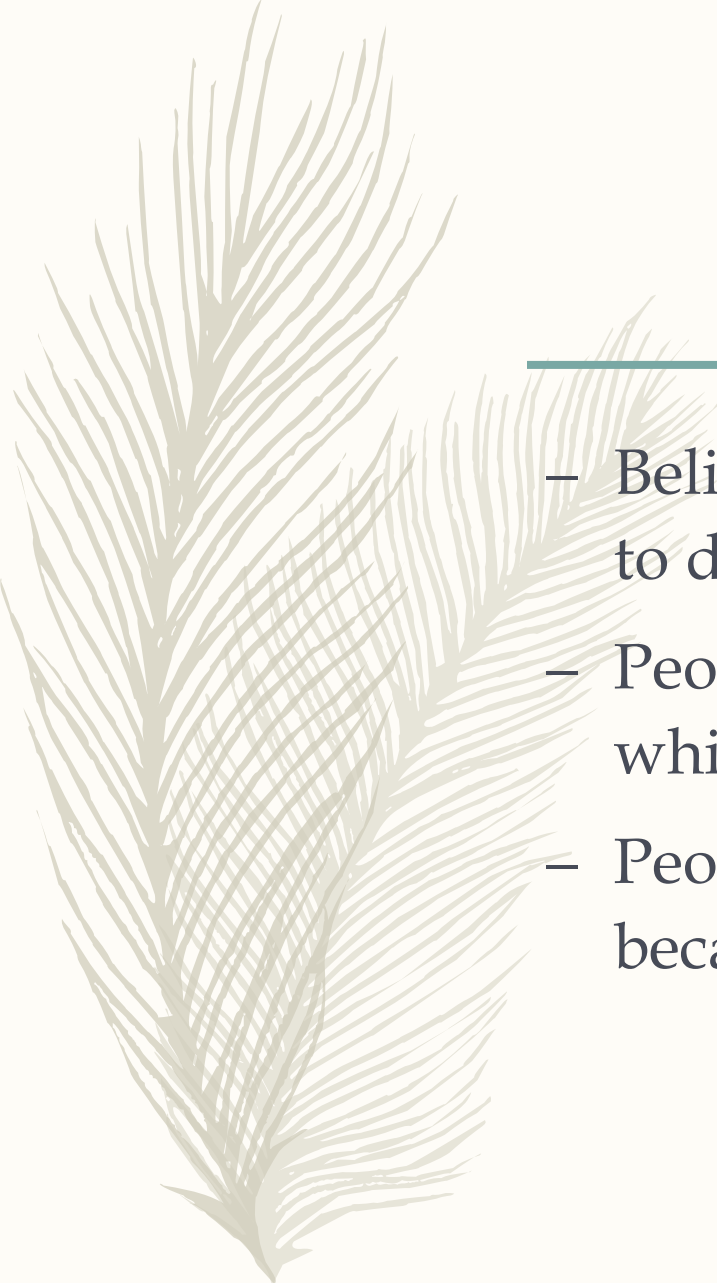
---


# 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



- 
- 
- 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

- 
- 
- 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

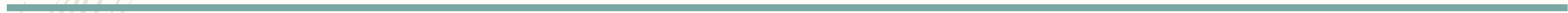
Evaluating

Giving  
feedback

Protecting

Disclosing  
self

Modeling



Any Question?

*Thank  
you*

