

Conditional and Unconditional positive Regard.

- ⇒ Rogers suggested that distortions in the self-concept are common, because most people grow up in an atmosphere of conditional positive Regard.
- ⇒ That is, they learn that others, such as their parents, will approve of them only when they behave in certain ways and express certain feelings.
- ⇒ As a result, many people are forced to deny the existence of various impulses and feelings, and their self-concepts become badly distorted.

Positive Regard

- ⇒ Rogers defined positive regard as warmth, affection, love and respect that comes from the significant others (parents, admired adults, friends and teachers) in people's experience.
- ⇒ Positive regard is vital to people's ability to cope with stress and to strive to achieve self-actualization.

Conditional positive Regard

Which is love, affection, respect, and warmth that depend, or seem to depend, on doing what other people want.

Unconditional positive Regard

Love, affection, and respect with no strings attached, is necessary for people to be able to explore fully all that they can achieve and become.

Person-Centered Therapy

Based on data derived from his therapy.

Unlike Maslow, Roger's ideas didn't come from the study of emotionally healthy people but from the application of person-centred therapy to the individuals who came for treatment.

In this therapy the responsibility for change is placed on the person or client rather than on the therapist.

Rogers assumed that people can consciously and rationally alter their thoughts and behaviours from undesirable to desirable ones.

He didn't believe we are forever in the grasp of unconscious forces or childhood experiences.

Personality is shaped by the present and by how we consciously perceive it.

How can distorted self-concepts be repaired so that healthy development can continue?

Rogers suggests that therapists can help accomplish this goal by placing individuals in an atmosphere of unconditional positive regard - a setting in which they will be accepted by the therapist no matter what they say or do.

Comment.

classmate

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- Rogers' person-centered approach to psychotherapy has had a major impact on psychology.
- His theory of personality and importance of the self were well received.
- ⇒ Criticism has been directed at :
Rogers' lack of specificity about our innate potential for self-actualization, and at his emphasis on subjective conscious experiences to the exclusion of unconscious influences.
- ⇒ Both the theory and the therapy have generated considerable supportive research and are widely used in clinical settings.
- ⇒ Rogers was influential in the human potential movement, and his work was part of overall trend toward humanizing psychology.
- ⇒ He was elected president of the APA in 1946.