**Psychology**

Student’s Name

Institutional

Course

Date

**Person-centred approach.**

**The person-centred approach**was developed by Carl Rogers in the 1940s, hence it is also referred to as the Rogerian Therapy. This type of therapy moved away from the traditional model where the therapist was the expert and moved towards a nondirective, empathic approach that empowers and motivates the client throughout the therapeutic process (Schwarz, S.,2018). The therapy is based on Rogers’s belief that every human being strives for and has the capacity to fulfil his or her own potential. Rogerian therapy, has had a tremendous impact on the field of psychotherapy and many other disciplines. This paper aims to shed light on the Rogerian approach by mainly focusing on the principles and applications of this approach.

Some of the principals of this approach include:

1. Unconditional Positive Regard- the theory insists that individuals have an inherent worth and value. The therapist provides a non-judgmental and generally accepting environment, demonstrating unconditional positive regard for the client. This acceptance helps the client feel valued and enables them to explore their experiences openly.
2. Client-Centred Approach- The person-centred therapist takes an indirect approach, allowing the client to take charge and guide the therapeutic process. The therapist avoids imposing their own advice on the client and instead focuses on listening, reflecting the client's thoughts and feelings back to them, helping them clarify their own insights and solutions.
3. Self-Actualization- Person-centred therapy recognizes that people have a primal need for personal growth and self-actualization. The therapist's role is then to support the client in their journey toward self-discovery and self-fulfilment. The therapist provides a safe and accepting environment, to encourages clients to explore their feelings, values, and aspirations, helping them align their lives with their true selves.
4. Congruence (Genuineness)- Therapist genuineness refers to the therapist's ability to be authentic and open with a client. It involves the therapist being aware of their own feelings and experiences thereby expressing them appropriately to the client. Genuineness helps establish trust while facilitating a deeper connection between the client and the therapist.
5. Empathy- Empathy is a fundamental component of person-centred therapy. The therapist tries to understand and share the client's perspective, experiencing their feelings and thoughts as if they were their own. The therapist creates a safe space for the client to express themselves honestly and without fear of judgment, by offering empathetic understanding.

Person-centred therapy has been used in various contexts, including individual therapy, couples counselling, family therapy, and group therapy settings. Some of the potential applications and benefits of person-centred therapy include:

1. Improved self-awareness and self-acceptance- Rogerian therapy process can help clients gain a deeper and better understanding of themselves, their values and emotions. This increased self-awareness leads to better self-acceptance and personal growth.
2. Better relationships- Person-centred therapy can help individuals develop healthy and more satisfying relationships. This happens by clients learning to understand and express their authentic-selves, they can also improve their communication skills and develop stronger connections with others.
3. Emotional healing and personal growth- The non-judgmental and accepting environment provided by the therapist in person-centred therapy can facilitate emotional healing. Clients explore and process their past experiences, for personal growth and change.
4. Empowerment- Person-centred therapy emphasizes on the client's autonomy and self-determination. By empowering clients to take an active role in their own therapy, they develop the skills and confidence to make choices and decisions that align with their values and goals (Crowter, J.,2022).
5. Person-centred therapy has been applied to various psychological issues, including anxiety, depression, relationship difficulties, and personal crises. It provides clients with a safe space to explore and address their concerns, while working towards finding their own solutions.

In conclusion we see that person-centred therapy (Rogerian Theory) is founded on the belief that individuals have the capacity for self-initiated growth and healing. By providing empathic, accepting and genuine therapeutic relationships, therapists support the clients in their journey towards greater self-awareness, personal growth and well-being.

**References.**

Schwarz, S. (2018). Resilience in psychology: A critical analysis of the concept. *Theory & Psychology*, *28*(4), 528-541.

Crowter, J. (2022). ‘To Be That Self Which One Truly Is’: Trans Experiences and Rogers’ Theory of Personality. *Person-Centered & Experiential Psychotherapies*, *21*(4), 293-308.