**psychology**

**Emmanuel mutethia**

**Bachelor of education science (physics/chemistry)**

**Masters in physics**

**Student**

**Tharaka university**

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**What is person centred approach.**

Person centred approach is a way of providing care that respects and values the individuality of every person. It involves listening to their needs, preference and Goals and supporting them to make choices about their own are. Also it is a therapeutic method that emphasizes the importance of the individual subjective experience and capabilities for self determination. It is a non directive approach that empowers people to take ownership of their mental well being.

Person centred therapy is also known as client centred therapy is a form of therapy that shifts the focus from mental health profession to client. Who is empowered to take. Control of therapeutic process. The therapist avoids use of judgement , suggestions or solutions towards the clients problems in a way that feels supportive. Person centred therapy is a type of non-directive therapy that is empathetically driven towards providing a person with safe space to talk and to self actualise positive changes in their lives

Person centred approach is not limited to therapy. It is a border consent that can be applied to various fields such as education, social work and management.

**In education.** The person centred approach emphasizes the importance of the students autonomy and their active participation in their learning process.(https://www.google.com/url?q=http://helensandersonassociates.co.uk/wp-content/uploads/2018/05/A-guide-to-using-person-centred-practices-in-school.pdf&sa=U&ved=2ahUKEwjRq9iv3ceCAxW37rsIHTSGB-MQFnoECAYQAg&usg=AOvVaw0P6A1wLX38JyB6Fu3KXHFR)

**In social work.** It is used to empower individuals and communities to take control of their lives and make informed decisions.(https://www.google.com/url?q=https://www.hee.nhs.uk/our-work/person-centred-care&sa=U&ved=2ahUKEwiV9r223MeCAxWRhf0HHTbaALEQFnoECAEQAg&usg=AOvVaw0agt-Wug\_XbX9-avDLVuaX)

**In management.** It is used to create a work that empower and values the employee autonomy and encourages creativity and innovation (https://www.google.com/url?q=https://www.storiicare.com/blog/person-centred-care-management&sa=U&ved=2ahUKEwjH9Z7m3seCAxVQhf0HHZwfA0IQFnoECAkQAw&usg=AOvVaw1Wb4Si6QG8lGdo0vTewfMu)

Some of benefits of person centred approach are:

1. It can improve quality and and safety of care by reducing errors, complications,and complaints and increasing satisfaction and trust
2. It can enhance the well being and dignity of the individual by acknowledging their strength, abilities and potential and empowering them to express their views and feelings.
3. It can foster a positive collaborative relationships between person and the care provider by creating a respectful and empathetic environment where person feels valued and understood
4. It can promote person autonomy and independence by supporting them make informed decisions and choices about their care and respecting their rights and choices
5. It can support person's holistic needs by addressing their physical, mental, emotional, social añd spiritual aspects of health and providing personalized and flexible care.

On other side person centred therapy can be used to cure common mental health problems, such as depression and anxiety. Multiple large scale studies have emphasized benefits of person centred techniques in people with mild-moderate symptoms

Reported benefits of person centred therapy are:

1. Overcoming depression and anxiety, grief or stress
2. Finding a balance between idealised self and actual self
3. In strengthening trust in self and others.
4. Reducing feelings of guilty and insecurity
5. Archiving better self awareness
6. Seeking and sustaining healthier relationships
7. Healthier self expression

8.Boosting self esteem and self reliance

**Note:** that person centred therapy is self directed rather than directive meaning that the onus is on you to enact change.despite this the approach still recognises that the client needs some guidance from therapist and are bound to be influenced by subtle ways.

**References**

**I**f you want to learn more about person centred approach you can check out this website sources I found for you

* [What is person centred care and why is it important?] from health innovation work web
* [Person centred care|dementia Australia|SCIE]
* https://www.google.com/url?q=https://www.hee.nhs.uk/our-work/person-centred-care&sa=U&ved=2ahUKEwiV9r223MeCAxWRhf0HHTbaALEQFnoECAEQAg&usg=AOvVaw0agt-Wug\_XbX9-avDLVuaX
* https://www.google.com/url?q=https://www.health.org.uk/sites/default/files/PersonCentredCareMadeSimple.pdf&sa=U&ved=2ahUKEwiV9r223MeCAxWRhf0HHTbaALEQFnoECAUQAw&usg=AOvVaw2uKLRoK9sIFaSju7PEZX91