

Client-Centered Psychotherapy

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The essential hypothesis of the client-centered approach is:

(1) a person has vast inner resources for self-understanding, for altering the self-concept, basic attitudes and his or her self-directed behavior, and

(2) these resources can be tapped when a climate of facilitative psychological attitudes can be provided.

The theoretical core of the client-centered approach is a therapeutic relationship utilizing elements of **congruence, empathic understanding, and unconditional positive regard.**

Client-centered therapy is a humanistic approach, arising from of a theory of human nature supporting the qualities and capabilities of the individual. This characterization of an innate tendency toward growth rather than disintegration is what Carl Rogers, as well as Goldstein and later, Maslow termed the **self-actualizing tendency.**



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The **client-centered** approach was first introduced by Carl Rogers in *Counseling and Psychotherapy* (1942) and expanded upon in *Client-Centered Therapy* (1951). Later, the essential nature of the client-centered/person-centered approach was encapsulated in the title of Rogers' 1980 book, *A Way of Being*.

References

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