Lecture Series: Chapter 14  ROGERS: Person-Centered Theory  Pages. 12

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Principal Features

"Rogers's theory has implications for major theoretical questions."

Table 14.1  Preview of Rogers's Theory

[Page 354]
The Actualizing Tendency

"Rogers theorized that all motivation is subsumed under a fundamental process, the actualizing tendency …"

The Organismic Valuing Process

"A self-actualizing person is in touch with the inner experience that is inherently growth producing, the organismic valuing process."
The Fully Functioning Person

Question: What is Carl Rogers's **fully functioning person**?

[Description] Characteristics of the fully functioning person. (420-421)
Subjective Experience, Values, and Science

"Rogers experienced a conflict between the model of science, in which the therapy client would be viewed objectively, and his experience as a therapist, in which a subjective stance worked better."

[Issue] Rogerian position on subjectivity, values, and science. (421)

The Self

"Much of personality growth, including that occurring in therapy, involves changes in the self."

[Description] Changes in the self. (422)
"To understand why incongruence (between ideal and real self) occurs, (Rogers considered) how the self-concept develops."

[Description] Development of the self. (422-423)

**Development of Creativity**

"Rogers considered what sort of environment encourages creativity."

[Description] Development of creativity. (423-424)
"Carl Rogers is best known as a therapist, and he had much to say about effective therapy."

"He developed a new therapeutic approach that he called client-centered therapy, and he pioneered the scientific investigation of the effectiveness of therapy."

**Client-Centered Therapy**

"Rogers considered therapy to be an experience that could help people reconnect with their organismic valuing process, which guides healthy development."

[Description]  Client-centered therapy. (424-425)
Client-Centered Therapy
(Continued)

Unconditional Positive Regard

Question: What is Carl Rogers’s necessary condition for therapy called (425 426) 
unconditional positive regard?

Congruence

Question: What is Carl Rogers’s necessary condition for therapy called (426) 
congruence?

Empathic Understanding

Question: What is Carl Rogers’s necessary condition for therapy called (426-427) 
empathic understanding?
Research on Therapy

"The concepts in Rogers's theory are challenging to study scientifically."

[Description] Empirical research of Rogerian therapy. (427-428)

The Process of Psychotherapy

"Guided by his vision, many of Rogers's students and colleagues developed measuring instruments to study events that occur during therapy."

[Description] Techniques for studying Rogerian therapy. (428-429)
Outcomes of Psychotherapy

"Rogers reported empirical studies demonstrating the effectiveness of psychotherapy."

[Evidence] Outcomes of Rogerian therapy. (429-430)

Stages of Process

"Personality change in psychotherapy occurs gradually. Rogers devised a way of measuring the types of changes that occur in psychotherapy."

"The Process Scale constitutes a seven-stage description of the process of change."

[Description] Process scale. (430-431)
Encounter Groups

"Therapeutic change may be brought about in groups …"

[Description] Encounter groups.

Other Applications

"Principles that guide client-centered therapy have also been applied outside of the therapy setting …"

Humanistic Education

"Humanistic education has implications for both the relationship between teacher and student and the content of education."

[Illustrations] Humanistic education.
Marriage and Relationships

"Rogers's humanistic approach also has implications for marriage."

[ Illustrations] Marriage and relationships. (432-433)

Social Welfare Programs

"Programs that support individuals and families who are poor or homeless can also change their bureaucratic approach ... (and) take a different course, in which the system instead provides resources and in which the clients are empowered."

Business

"Rogers and other humanistic psychologist have also influenced industrial-organizational psychology."

[ Illustrations] Business applications of Carl Rogers's concepts. (433-434)
Criticisms of Rogers's Theory

"Though it has enthusiastic supporters, Rogers's theory has been dismissed by others as naïve about human nature."

[Illustrations] Criticisms of Carl Rogers's theory and therapy. (434-435)