

Regine Blackman

PSY441- Theories of Personality

Prof. S. Maret

March 24, 2020

### Maslow Question 5

According to Carl Rogers the therapeutic conditions that facilitate growth are:

- Client and therapist are in psychological contact

Psychological contact- I take this to mean that the client and therapist each show up psychologically during the therapy session and remain truly present and in the moment with one another.

- Client is in a state of incongruence

The client actual self and his/her ideal self are not in alignment, and the client wants this to change.

- Therapist is congruent

The therapist is genuine across the board, what he or she says to client is portrayed in actions and is experienced genuinely by client in the therapeutic relationship.

- Therapist experiences unconditional positive regard for the client

The therapist expresses genuine acceptance and concern for the client without judgement. Therapist offers a safe judgement-free zone that permits and encourages honesty and freedom to communicate the wildest of thoughts and true feelings previously repressed.

- Therapist experiences an empathic understanding of the client's internal frame of reference

The therapist listens with an empathetic ear and can sense and attach meaning to the client's experiences

- Client perceives the therapist's unconditional positive regard and empathic understanding

Accordingly, when perceived client will begin to discern, feel threatened by and then move from incongruity to congruity.

