

Ordinary People Person-Centered **Theory**

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Carl Rogers who was known as the father of psychotherapy is well known for establishing the Person-Centered Therapy. Author Gerald Corey (2021) based his theory, “centered on the client as the primary agent for constructive self-change” (165). Rogers believed that a person who is genuinely a good and trustworthy person had the power within enough to grow to solve their problems without a therapist directing them on how to proceed. A person can then proceed to help others in society for the greater good. Person-Centered focused on helping a person rely on themselves in an independent way of solving their problems by utilizing their self-growth of self. Author Siang-Yan Tan (2011) describes the therapy as, “focus on the client and his or her capacity for healing, growth, and self-actualization as well as self-determination. It does not view the therapist as an authoritative expert” (132).

In Person-Centered Therapy the therapist is not directing the path for the person. The therapist as a person will meet a person where they are at instead of having a person attempting to reach a place based on a set theory. A therapist who is using Person-Centered therapy will use the skills of empathy, congruence, and unconditional positive regard and acceptance as the main objectives in working with a client. The congruence helps the therapist to be more themselves opposed to being a stereotypical therapist who is rigid and using book on learned in a book. Corey (2021) refers to congruence as a therapist being able to express, “a range of feelings” (174). Unconditional Positive Regard and Acceptance allows a therapist to accept a client based on who they are. It is a non-judgmental approach that therapist takes towards a client which frees up the client to become more comfortable to be who they are in dealing with the therapist on a one on one basis. Accurate Empathic is known as a main idea for a therapist. Most people think empathy is feeling sorry for a person who caring to much about a person situation. Some people will even shy away from feeling empathy because they are under the impression it will make them look soft or too

easy. Corey describes empathy as a way for a client and therapist to form a trusting bond with one another. If a therapist is able to imagine what a person is going through or feel a person emotions in a client's subjective world it leads to a clearer understanding of that person. It does not mean losing who you as a therapist but to get a clearer understanding by, "sharing the client's subjective world by drawing from their (therapist) own experiences that may be similar to the client's feelings.

Person-center therapy does focus on the diagnosis but rather on the person themselves. This theory has been used to treating a wide range of psychological problems such as anxiety, depression, OCD, and stress. The therapy is being used in correctional facilities, schools, group therapy, individual counseling, and marriage counseling. People in these settings can connect to therapist they feel comfortable to talk out their problems and reach a solution on how to change their behaviors.

If I was the therapist for the character Conrad, the two therapy techniques I would use are the application of crisis intervention and expressive arts therapy. I would use crisis intervention since Conrad is dealing with the death of his brother which he has suppressed. Conrad wanted someone to listen to him and not judge him. His breakthrough came when the therapist allowed Conrad to express himself anyway he wanted. He did not censor or judge him but encouraged him to be free in speech in order to verbalize his pain. I agree with Author Corey (2021) of the important a person to be, "heard and understood helps ground people in crisis, helps to calm them in the midst of turmoil, and enables them to think more clearly and make better decisions" (179). When a person has someone they can talk with and release what is bottled up inside it cleans them and allows for space to form new ideas.

I would also choose expressive arts therapy for Conrad. Conrad like to sing. In singing he was able to express his emotions through the lyrics

whether they are his own or someone else. Through music he can vocalize his feelings. Singing and music in general does utilize a person's mind, body, and their spirit in expression. It is a physical energy that is being used for a specific purpose of expressing how you feel. I would encourage Conrad to continue with the choir because he was commended on his voice. Conrad felt a sense of being a part of a group that accepted him for his ability, and he was comfortable to join in with enhancing the groups' ability to sound good. This gave Conrad a sense of accomplishment which could be used to help his self esteem in the healing process.

The person-center therapy would not be good for everyone. A person who is shy and does not know how to express themselves would have a hard time. Some people need others to guide them and draw them out in order to reach a conclusion regarding their life. People from countries that focuses on the totality of the community or the family could struggle with focusing on just their emotions. It would seem self-centered and selfish to them not to include other people feelings into making them feel better about themselves. They would struggle with putting themselves above others in order to grow to be a better person.

Cites

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